

# NutriStudents K-12

SSO K-8 5DAY MENU WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p><b>*ENTREE:</b> Deli Turkey</p> <p><b>*GRAIN:</b> Assorted Hamburger Bun</p> <p><b>*VEGETABLES:</b> Shredded Lettuce 1/2 CU Black Bean 1/2 CUP</p> <p><b>*FRUIT:</b> Assorted Fruit</p> <p><b>*MILK:</b> Skim Milk Assorted 1% Milk Assorted 2% Milk Whole Milk</p>	<p><b>*ENTREE:</b> Deli Pastrami</p> <p><b>*GRAIN:</b> Sliced Bread 2 Each</p> <p><b>*SIDE:</b> Mayo PC Ranch Dressing</p> <p><b>*VEGETABLES:</b> Broccoli 3/4 CUP</p> <p><b>*FRUIT:</b> Assorted Fruit</p> <p><b>*MILK:</b> Skim Milk Assorted 1% Milk Assorted 2% Milk Whole Milk</p>	<p><b>*ENTREE:</b> Old Fashioned Chicken Wrap</p> <p><b>*GRAIN:</b> Whole Wheat Tortilla</p> <p><b>*VEGETABLES:</b> Corn 1/2 CUP</p> <p><b>*OR:</b> Corn 1/2 CUP Cabbage 1/4 CUP</p> <p><b>*FRUIT:</b> Assorted Fruit</p> <p><b>*MILK:</b> Skim Milk Assorted 1% Milk Assorted 2% Milk Whole Milk</p>	<p><b>*ENTREE:</b> Berry Parfait w/Granola</p> <p><b>*SIDE:</b> Whipped Cream Ranch Dressing</p> <p><b>*VEGETABLES:</b> Red Pepper 3/4 CUP</p> <p><b>*FRUIT:</b> Assorted Fruit</p> <p><b>*MILK:</b> 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk</p>	<p><b>*ENTREE:</b> Cheese Stick or String 1 Each Yogurt Cup</p> <p><b>*GRAIN:</b> Whole Grain Cereal</p> <p><b>*SIDE:</b> Ranch Dressing</p> <p><b>*VEGETABLES:</b> Carrots 1/4 CUP Broccoli 1/2 CUP</p> <p><b>*FRUIT:</b> Assorted Fruit</p> <p><b>*MILK:</b> 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk</p>	<p>Avg Nutrients      Target</p> <p>Cals...              612      100%</p> <p>Chol...                57 mg</p> <p>Sodium...            1021 mg</p> <p>Fiber...               8.6 g</p> <p>Carb                  88.8g    58.1%Cal</p> <p>T.Fat                  16.3g    23.9%Cal</p> <p>S.Fat                  5.6g     8.3%Cal</p>
<p>Nutrients              Target</p> <p>Cals...              544      91%</p> <p>Chol...                68 mg</p> <p>Sodium...            1205 mg</p> <p>Fiber...               10.9 g</p> <p>Carb                  78.0g    57.4%Cal</p> <p>T.Fat                  8.9g     14.8%Cal</p> <p>S.Fat                  3.4g     5.6%Cal</p>	<p>Nutrients              Target</p> <p>Cals...              631      100%</p> <p>Chol...                84 mg</p> <p>Sodium...            1718 mg</p> <p>Fiber...               8.7 g</p> <p>Carb                  68.4g    43.4%Cal</p> <p>T.Fat                  25.1g    35.8%Cal</p> <p>S.Fat                  8.8g     12.6%Cal</p>	<p>Nutrients              Target</p> <p>Cals...              560      93%</p> <p>Chol...                65 mg</p> <p>Sodium...            711 mg</p> <p>Fiber...               8.9 g</p> <p>Carb                  77.3g    55.2%Cal</p> <p>T.Fat                  16.1g    25.9%Cal</p> <p>S.Fat                  4.9g     7.9%Cal</p>	<p>Nutrients              Target</p> <p>Cals...              789      121%</p> <p>Chol...                29 mg</p> <p>Sodium...            672 mg</p> <p>Fiber...               7.3 g</p> <p>Carb                  135.7g   68.8%Cal</p> <p>T.Fat                  18.1g    20.7%Cal</p> <p>S.Fat                  4.4g     5.0%Cal</p>	<p>Nutrients              Target</p> <p>Cals...              536      89%</p> <p>Chol...                40 mg</p> <p>Sodium...            800 mg</p> <p>Fiber...               7.3 g</p> <p>Carb                  84.6g    63.1%Cal</p> <p>T.Fat                  13.1g    22.0%Cal</p> <p>S.Fat                  6.7g     11.3%Cal</p>	

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	612	600-650	100%	Carbohyd	88.81 g	58.06%	
Cholesterol	57 mg			Tot. Fat	16.27 g	23.93%	
Sodium	1021 mg	1230		Sat. Fat	5.64 g	8.30%	<10.00%
Fiber	8.63 g						

SSO K-8 5DAY MENU WEEK:1 DAY:1  
 DATE:\_\_\_\_\_

## NutriStudents K-12 DAILY PRODUCTION RECORD

Students(0)\_\_\_\_\_ Adults(0)\_\_\_\_\_ Total(0)\_\_\_\_\_

Site # 001 Nutristudents K-12

recipe no.	recipe descriptions	portion size	M/M	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	S: -----								
001683	NS DELI TURKEY 2M	S: 4 OZ	2							
001467	----- GRAIN -----	S: -----								
003249	NS GRAIN BUN HAMBURGE	S: 1 EACH	2							
001217	----- VEGETABLES -----	S: -----								
001129	VSOFL LETTUCE 1/2C = 1/4C <b>VEGETABLE SUB OTHER</b>	S: 1/2 CUP				1/4				
001041	VSLC BEAN BLACK 1/2C = 1 <b>VEGETABLE SUB LEGUMES</b>	S: 1/2 CUP				1/2				
000878	----- FRUIT -----	S: -----								
900013	FRUIT - ASSORTED 1/2 CUP	S: 1/2 Cup Equival			1/2					
000879	----- MILK -----	S: -----								
003296	NS MILK SKIM ASSORTED	S: 1 EACH				1				
001300	NS MILK 1% ASSORTED	S: 1 EACH				1				
001381	NS MILK 2%	S: 1 EACH				1				
001382	NS MILK WHOLE	S: 1 EACH				1				

## NutriStudents K-12 DAILY PRODUCTION RECORD

Students(0)\_\_\_\_\_ Adults(0)\_\_\_\_\_ Total(0)\_\_\_\_\_

Site # 001 Nutristudents K-12

recipe no.	recipe descriptions	portion size	M/MA	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	S: -----								
001686	NS DELI PASTRAMI 2M	S: 4 OZ		2						
001467	----- GRAIN -----	S: -----								
001418	NS GRAIN BREAD WG 2SLI	S: 2 EACH		2						
001464	----- SIDE -----	S: -----								
003345	NS CONDIMENT MAYO PC	S: 1 EACH								
900263	NS DRESS RANCH	S: 1 TBSP								
001217	----- VEGETABLES -----	S: -----								
000909	VSDF BROCCOLI 3/4C = 3/4  <b>VEGETABLE SUB</b> DARK GREE OTHER	S: 3/4 CUP				3/4  1/2 1/4				
000878	----- FRUIT -----	S: -----								
900013	FRUIT - ASSORTED 1/2 CUP	S: 1/2 Cup Equival			1/2					
000879	----- MILK -----	S: -----								
003296	NS MILK SKIM ASSORTED	S: 1 EACH					1			
001300	NS MILK 1% ASSORTED	S: 1 EACH					1			
001381	NS MILK 2%	S: 1 EACH					1			
001382	NS MILK WHOLE	S: 1 EACH					1			

## NutriStudents K-12 DAILY PRODUCTION RECORD

Students(0)\_\_\_\_\_ Adults(0)\_\_\_\_\_ Total(0)\_\_\_\_\_

Site # 001 Nutristudents K-12

recipe no.	recipe descriptions	portion size	M/MA	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	S: -----								
001692	NS DELI CHX DICE OLD FAS	S: 1/2 CUP		2						
001467	----- GRAIN -----	S: -----								
000373	NS GRAIN TORTILLA 9" 2G	S: 1 EACH		2						
001217	----- VEGETABLES -----	S: -----								
000993	VSSC CORN 1/2C = 1/2C	S: 1/2 CUP				1/2				
	<b>VEGETABLE SUB STARCHY</b>					1/2				
000497	----- OR -----	S: -----								
000988	VSSZ CORN 1/2C = 1/2C	S: 1/2 CUP				1/2				
	<b>VEGETABLE SUB STARCHY</b>					1/2				
001124	VSOFC CABBAGE 1/4C = 1/4C	S: 1/4 CUP				1/4				
	<b>VEGETABLE SUB OTHER</b>					1/4				
000878	----- FRUIT -----	S: -----								
900013	FRUIT - ASSORTED 1/2 CUP	S: 1/2 Cup Equival			1/2					
000879	----- MILK -----	S: -----								
003296	NS MILK SKIM ASSORTED	S: 1 EACH					1			
001300	NS MILK 1% ASSORTED	S: 1 EACH					1			
001381	NS MILK 2%	S: 1 EACH					1			
001382	NS MILK WHOLE	S: 1 EACH					1			

## NutriStudents K-12 DAILY PRODUCTION RECORD

Students(0)\_\_\_\_\_ Adults(0)\_\_\_\_\_ Total(0)\_\_\_\_\_

Site # 001 Nutristudents K-12

recipe no.	recipe descriptions	portion size	M/MA	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	S: -----								
001619	NS PARFAIT BERRY WGRA	S: 1 EACH	2	2						
				1/4						
001464	----- SIDE -----	S: -----								
001584	NS CONDIMENT CREAM W	S: 2 TBSP								
900263	NS DRESS RANCH	S: 1 TBSP								
001217	----- VEGETABLES -----	S: -----								
000954	VSRF PEPPER RED 3/4C = 3	S: 3/4 CUP				3/4				
	<b>VEGETABLE SUB</b>									
	<b>RED/ORANG</b>					3/4				
000878	----- FRUIT -----	S: -----								
900013	FRUIT - ASSORTED 1/2 CUP	S: 1/2 Cup Equival			1/2					
000879	----- MILK -----	S: -----								
001300	NS MILK 1% ASSORTED	S: 1 EACH					1			
001381	NS MILK 2%	S: 1 EACH					1			
003296	NS MILK SKIM ASSORTED	S: 1 EACH					1			
001382	NS MILK WHOLE	S: 1 EACH					1			

## NutriStudents K-12

### DAILY PRODUCTION RECORD

Students(0)\_\_\_\_\_ Adults(0)\_\_\_\_\_ Total(0)\_\_\_\_\_

Site # 001 Nutristudents K-12

recipe no.	recipe descriptions	portion size	M/MA	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	S: -----								
900253	NS CHZ STICK or STRING 1	S: 1 EACH		1						
001644	NS YOGURT 1M	S: 1 EACH		1						
001467	----- GRAIN -----	S: -----								
001601	NS GRAIN CEREAL 1G	S: 1 EACH		1						
001464	----- SIDE -----	S: -----								
900263	NS DRESS RANCH	S: 1 TBSP								
001217	----- VEGETABLES -----	S: -----								
000942	VSRF CARROT 1/4C = 1/4C  <b>VEGETABLE SUB RED/ORANG</b>	S: 1/4 CUP				1/4				
000912	VSDF BROCCOLI 1/2C =1/2  <b>VEGETABLE SUB DARK GREE</b>	S: 1/2 CUP				1/2				
000878	----- FRUIT -----	S: -----								
900013	FRUIT - ASSORTED 1/2 CUP	S: 1/2 Cup Equival			1/2					
000879	----- MILK -----	S: -----								
001300	NS MILK 1% ASSORTED	S: 1 EACH					1			
001381	NS MILK 2%	S: 1 EACH					1			
003296	NS MILK SKIM ASSORTED	S: 1 EACH					1			
001382	NS MILK WHOLE	S: 1 EACH					1			

# NutriStudents K-12 Menu Contribution Report

SSO K-8 5DAY MENU WEEK 1

WEEK:1 DAY:1

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grn CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
001299	----- ENTREE -----	-----											
001683	NS DELI TURKEY 2M	4 OZ	2.000										
001467	----- GRAIN -----	-----											
003249	NS GRAIN BUN HAMBURGER 2G	1 EACH		2.000				2.000					
001217	----- VEGETABLES -----	-----											
001129	VSOFL LETTUCE 1/2C = 1/4C	1/2 CUP				0.250						0.250	
001041	VSLC BEAN BLACK 1/2C = 1/2C	1/2 CUP				0.500							0.500
000878	----- FRUIT -----	-----											
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500								
000879	----- MILK -----	-----											
003296	NS MILK SKIM ASSORTED	1 EACH					1.000						
001300	NS MILK 1% ASSORTED	1 EACH					1.000						
001381	NS MILK 2%	1 EACH					1.000						
001382	NS MILK WHOLE	1 EACH					1.000						
<b>Total</b>			2.000	2.000	0.500	0.750	1.000	2.000				0.250	0.500

WEEK:1 DAY:2

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grn CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
001299	----- ENTREE -----	-----											
001686	NS DELI PASTRAMI 2M	4 OZ	2.000										
001467	----- GRAIN -----	-----											
001418	NS GRAIN BREAD WG 2SLICES 2G	2 EACH		2.000				2.000					
001464	----- SIDE -----	-----											
003345	NS CONDIMENT MAYO PC	1 EACH											
900263	NS DRESS RANCH	1 TBSP											
001217	----- VEGETABLES -----	-----											
000909	VSDF BROCCOLI 3/4C = 3/4C	3/4 CUP				0.750			0.500			0.250	
000878	----- FRUIT -----	-----											
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500								
000879	----- MILK -----	-----											
003296	NS MILK SKIM ASSORTED	1 EACH					1.000						
001300	NS MILK 1% ASSORTED	1 EACH					1.000						
001381	NS MILK 2%	1 EACH					1.000						
001382	NS MILK WHOLE	1 EACH					1.000						
<b>Total</b>			2.000	2.000	0.500	0.750	1.000	2.000	0.500			0.250	

# NutriStudents K-12 Menu Contribution Report

SSO K-8 5DAY MENU WEEK 1

WEEK:1 DAY:3

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grn CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
001299	----- ENTREE -----	-----											
001692	NS DELI CHX DICE OLD FASHION2M	1/2 CUP	2.000										
001467	----- GRAIN -----	-----											
000373	NS GRAIN TORTILLA 9" 2G	1 EACH		2.000				2.000					
001217	----- VEGETABLES -----	-----											
000993	VSSC CORN 1/2C = 1/2C	1/2 CUP				0.500					0.500		
000497	----- OR -----	-----											
000988	VSSZ CORN 1/2C = 1/2C	1/2 CUP				0.500					0.500		
001124	VSOV CABBAGE 1/4C = 1/4C	1/4 CUP				0.250						0.250	
000878	----- FRUIT -----	-----											
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500								
000879	----- MILK -----	-----											
003296	NS MILK SKIM ASSORTED	1 EACH					1.000						
001300	NS MILK 1% ASSORTED	1 EACH					1.000						
001381	NS MILK 2%	1 EACH					1.000						
001382	NS MILK WHOLE	1 EACH					1.000						
<b>Total</b>			2.000	2.000	0.500	0.750	1.000	2.000			0.500	0.250	

WEEK:1 DAY:4

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grn CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
001299	----- ENTREE -----	-----											
001619	NS PARFAIT BERRY WGRAN 2M2.25G	1 EACH	2.000	2.250				2.250					
001464	----- SIDE -----	-----											
001584	NS CONDIMENT CREAM WHIP 2TBSP	2 TBSP											
900263	NS DRESS RANCH	1 TBSP											
001217	----- VEGETABLES -----	-----											
000954	VSRF PEPPER RED 3/4C = 3/4C	3/4 CUP				0.750				0.750			
000878	----- FRUIT -----	-----											
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500								
000879	----- MILK -----	-----											
001300	NS MILK 1% ASSORTED	1 EACH					1.000						
001381	NS MILK 2%	1 EACH					1.000						
003296	NS MILK SKIM ASSORTED	1 EACH					1.000						
001382	NS MILK WHOLE	1 EACH					1.000						
<b>Total</b>			2.000	2.250	0.500	0.750	1.000	2.250		0.750			



# NutriStudents K-12 Menu Contribution Report

SSO K-8 5DAY MENU WEEK 1

WEEK:1 DAY:5

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grn CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
001299	----- ENTREE -----	-----											
900253	NS CHZ STICK or STRING 1M	1 EACH	1.000										
001644	NS YOGURT 1M	1 EACH	1.000										
001467	----- GRAIN -----	-----											
001601	NS GRAIN CEREAL 1G	1 EACH		1.000				1.000					
001464	----- SIDE -----	-----											
900263	NS DRESS RANCH	1 TBSP											
001217	----- VEGETABLES -----	-----											
000942	VSRF CARROT 1/4C = 1/4C	1/4 CUP				0.250				0.250			
000912	VSDF BROCCOLI 1/2C =1/2C	1/2 CUP				0.500			0.500				
000878	----- FRUIT -----	-----											
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500								
000879	----- MILK -----	-----											
001300	NS MILK 1% ASSORTED	1 EACH					1.000						
001381	NS MILK 2%	1 EACH					1.000						
003296	NS MILK SKIM ASSORTED	1 EACH					1.000						
001382	NS MILK WHOLE	1 EACH					1.000						
		<b>Total</b>	2.000	1.000	0.500	0.750	1.000	1.000	0.500	0.250			

## NutriStudents K-12 Weekly Certification Worksheet

SSO K-8 5DAY MENU WEEK 1

5 Day Week								Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check	Weekly Fruit Juice Limit Check (<= half of total fruit)	Total Weekly Fruit	Total Weekly Fruit Juice	% of Total Weekly Fruit that is Juice	Weekly Rqmt. Check
	Fruit: Minimum (cups)	0.5	0.5	0.5	0.5	0.5			2.5	2.5	Yes		2.5	0	0.00%
Vegetables: Minimum (cups)	0.75	0.75	0.75	0.75	0.75			3.75	3.75	Yes	Weekly Vegetable Juice Limit Check (<= half of total Veg)	Total Weekly Veg.	Total Weekly Veg. Juice	% of Total Weekly Veg. that is Juice	Weekly Rqmt. Check
-Dark Green	0	0.5	0	0	0.5			1	0.5	Yes					
-Red/Orange	0	0	0	0.75	0.25			1	0.75	Yes					
-Legumes	0.5	0	0	0	0			0.5	0.5	Yes					
-Starchy	0	0	0.5	0	0			0.5	0.5	Yes					
-Other	0.25	0.25	0.25	0	0			0.75	0.5	Yes					
												3.75	0	0.00%	Yes
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2	2			10	9	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2	2			10	10	Yes					
Grain: Minimum (oz eq)	2	2	2	2.25	1			9.25	8	Yes					
Grain: Maximum (oz eq)	2	2	2	2.25	1			9.25	9	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	9.25	Weekly Whole Grain Rich Total	9.25	% of Whole Grain Rich	100%			100% whole grain rich	Yes					
								Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check					
Milk: Minimum (cups)	1	1	1	1	1			5	5	Yes					
Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat(1% or less) unflavored	Yes	Yes	Yes	Yes	Yes										
Low-fat(1% or less), flavored															
Reduced fat(2%) or whole, unflavored and flavored															

\*\*Cells with this background color signify Requirements not being met!