

NutriStudents K-12

SSO K-8 5DAY MENU WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>*ENTREE: Deli Turkey</p> <p>*GRAIN: Assorted Hamburger Bun</p> <p>*VEGETABLES: Shredded Lettuce 1/2 CU Black Bean 1/2 CUP</p> <p>*FRUIT: Assorted Fruit</p> <p>*MILK: Skim Milk Assorted 1% Milk Assorted 2% Milk Whole Milk</p>	<p>*ENTREE: Deli Pastrami</p> <p>*GRAIN: Sliced Bread 2 Each</p> <p>*SIDE: Mayo PC Ranch Dressing</p> <p>*VEGETABLES: Broccoli 3/4 CUP</p> <p>*FRUIT: Assorted Fruit</p> <p>*MILK: Skim Milk Assorted 1% Milk Assorted 2% Milk Whole Milk</p>	<p>*ENTREE: Old Fashioned Chicken Wrap</p> <p>*GRAIN: Whole Wheat Tortilla</p> <p>*VEGETABLES: Corn 1/2 CUP</p> <p>*OR: Corn 1/2 CUP Cabbage 1/4 CUP</p> <p>*FRUIT: Assorted Fruit</p> <p>*MILK: Skim Milk Assorted 1% Milk Assorted 2% Milk Whole Milk</p>	<p>*ENTREE: Berry Parfait w/Granola</p> <p>*SIDE: Whipped Cream Ranch Dressing</p> <p>*VEGETABLES: Red Pepper 3/4 CUP</p> <p>*FRUIT: Assorted Fruit</p> <p>*MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk</p>	<p>*ENTREE: Cheese Stick or String 1 Each Yogurt Cup</p> <p>*GRAIN: Whole Grain Cereal</p> <p>*SIDE: Ranch Dressing</p> <p>*VEGETABLES: Carrots 1/4 CUP Broccoli 1/2 CUP</p> <p>*FRUIT: Assorted Fruit</p> <p>*MILK: 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						