

# NutriStudents K-12

## SSO 9-12 5DAY MENU WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																																																																															
<p><b>*ENTREE:</b> Deli Turkey</p> <p><b>*GRAIN:</b> Assorted Hamburger Bun Assorted Cracker &amp; Chips 1G</p> <p><b>*VEGETABLES:</b> Shredded Lettuce 1/2 CU Carrots 1/4 CUP Black Bean 1/2 CUP</p> <p><b>*FRUIT:</b> Assorted Fruit 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 CUP</p> <p><b>*FRUIT:</b> Assorted Fruit 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 Assorted Cracker &amp; Chips 1G</p> <p><b>*VEGETABLES:</b> Corn 1/2 CUP</p> <p><b>*OR:</b> Corn 1/2 CUP Cabbage 1/2 CUP</p> <p><b>*FRUIT:</b> Assorted Fruit 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 Carrots 1/4 CUP</p> <p><b>*FRUIT:</b> Assorted Fruit 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 Whole Grain Cereal</p> <p><b>*SIDE:</b> Ranch Dressing</p> <p><b>*VEGETABLES:</b> Carrots 1/2 CUP Broccoli 1/2 CUP</p> <p><b>*FRUIT:</b> Assorted Fruit Assorted Fruit</p> <p><b>*MILK:</b> 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk</p>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Avg Nutrients</th> <th style="text-align: left;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td>766 100%</td> </tr> <tr> <td>Chol...</td> <td>57 mg</td> </tr> <tr> <td>Sodium.</td> <td>1136 mg</td> </tr> <tr> <td>Fiber..</td> <td>12.5 g</td> </tr> <tr> <td>Carb</td> <td>121.5g 63.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td>18.4g 21.6%Cal</td> </tr> <tr> <td>S.Fat</td> <td>6.0g 7.1%Cal</td> </tr> </tbody> </table>	Avg Nutrients	Target	Cals...	766 100%	Chol...	57 mg	Sodium.	1136 mg	Fiber..	12.5 g	Carb	121.5g 63.5%Cal	T.Fat	18.4g 21.6%Cal	S.Fat	6.0g 7.1%Cal																																																															
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	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
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Sodium	1136 mg	1420		Sat. Fat	6.00 g	7.06%	<10.00%
Fiber	12.46 g						