

NutriStudents K-12 Weekly Certification Worksheet

SSO 9-12 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)	1	1	1	1	1			5	5	Yes		5	0	0.00%	Yes
Vegetables: Minimum (cups)	1	1	1	1	1			5	5	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	0.25	0	0	1	0.5			1.75	1.25	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	0.5	0.5	0	0			1.25	0.75	Yes					
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2	2			10	10	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2	2			10	12	Yes					
Grain: Minimum (oz eq)	3	2	3	2.25	2			12.25	10	Yes					
Grain: Maximum (oz eq)	3	2	3	2.25	2			12.25	12	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	12.25	Weekly Whole Grain Rich Total	12.25	% 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!