

NutriStudents K-12

SSO 9-12 5DAY MENU WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>*ENTREE: Greek Chicken</p> <p>*GRAIN: Whole Wheat Tortilla Assorted Cracker & Chips 1G</p> <p>*SIDE: Ranch Dressing</p> <p>*VEGETABLES: Broccoli 3/4 CUP</p> <p>*OR: Broccoli 3/4 CUP Tomato 1/4 CUP</p> <p>*FRUIT: Assorted Fruit Assorted Fruit</p> <p>*MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk</p>	<p>*ENTREE: Egg Salad Wrap</p> <p>*GRAIN: Whole Wheat Tortilla</p> <p>*VEGETABLES: Corn CUP</p> <p>*FRUIT: Assorted Fruit Assorted Fruit</p> <p>*MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk</p>	<p>*ENTREE: Deli Ham</p> <p>*GRAIN: Sliced Bread 2 Each Dinner Roll</p> <p>*SIDE: Mayo PC Ranch Dressing</p> <p>*VEGETABLES: Carrots 3/4 CUP Red Pepper 1/4 CUP</p> <p>*FRUIT: Assorted Fruit Assorted Fruit</p> <p>*MILK: Skim Milk Assorted 1% Milk Assorted 2% Milk Whole Milk</p>	<p>*ENTREE: Deli Turkey</p> <p>*GRAIN: Bagel Tortilla Chips 1G</p> <p>*SIDE: Mayo PC Ranch Dressing</p> <p>*VEGETABLES: Shredded Lettuce CUP Black Bean 1/2 CUP</p> <p>*FRUIT: Assorted Fruit Assorted Fruit</p> <p>*MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk</p>	<p>*ENTREE: Deli Chef Salad</p> <p>*GRAIN: Dinner Roll Dinner Roll</p> <p>*SIDE: Assorted Cracker & Chips 1G</p> <p>*FRUIT: Ranch Dressing</p> <p>*VEGETABLES: LCR Salad Mix CUP Romaine CUP</p> <p>*MILK: Assorted Fruit Assorted Fruit</p> <p>*FRUIT: Assorted Fruit Assorted Fruit</p> <p>*MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk</p>	<p>Avg Nutrients Target</p> <p>Cals... 757 100%</p> <p>Chol... 129 mg</p> <p>Sodium... 1356 mg</p> <p>Fiber.. 12.6 g</p> <p>Carb 112.1g 59.2%Cal</p> <p>T.Fat 20.7g 24.6%Cal</p> <p>S.Fat 6.7g 7.9%Cal</p>
<p>Nutrients Target</p> <p>Cals... 711 95%</p> <p>Chol... 63 mg</p> <p>Sodium... 1100 mg</p> <p>Fiber.. 13.7 g</p> <p>Carb 110.1g 62.0%Cal</p> <p>T.Fat 16.1g 20.4%Cal</p> <p>S.Fat 5.6g 7.1%Cal</p>	<p>Nutrients Target</p> <p>Cals... 599 80%</p> <p>Chol... 209 mg</p> <p>Sodium... 609 mg</p> <p>Fiber.. 9.3 g</p> <p>Carb 91.5g 61.1%Cal</p> <p>T.Fat 18.7g 28.1%Cal</p> <p>S.Fat 6.0g 9.0%Cal</p>	<p>Nutrients Target</p> <p>Cals... 857 101%</p> <p>Chol... 94 mg</p> <p>Sodium... 2581 mg</p> <p>Fiber.. 12.4 g</p> <p>Carb 120.0g 56.0%Cal</p> <p>T.Fat 24.7g 25.9%Cal</p> <p>S.Fat 8.1g 8.5%Cal</p>	<p>Nutrients Target</p> <p>Cals... 844 100%</p> <p>Chol... 73 mg</p> <p>Sodium... 1387 mg</p> <p>Fiber.. 16.8 g</p> <p>Carb 123.6g 58.6%Cal</p> <p>T.Fat 21.7g 23.1%Cal</p> <p>S.Fat 5.1g 5.5%Cal</p>	<p>Nutrients Target</p> <p>Cals... 776 100%</p> <p>Chol... 204 mg</p> <p>Sodium... 1104 mg</p> <p>Fiber.. 10.7 g</p> <p>Carb 115.2g 59.4%Cal</p> <p>T.Fat 22.4g 26.0%Cal</p> <p>S.Fat 8.4g 9.8%Cal</p>	

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	757	750-850	100%	Carbohyd	112.07 g	59.21%	
Cholesterol	129 mg			Tot. Fat	20.72 g	24.63%	
Sodium	1356 mg	1420		Sat. Fat	6.66 g	7.92%	<10.00%
Fiber	12.58 g						

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 -----	T: -----								
001693	NS DELI CHX DICE GREEK	T: 1/2 CUP	2							
001467	----- GRAIN -----	T: -----								
000373	NS GRAIN TORTILLA 9" 2G	T: 1 EACH	2							
001216	NS GRAIN CHIP & CRACKE	T: 1 EACH	1							
001464	----- SIDE -----	T: -----								
900263	NS DRESS RANCH	T: 1 TBSP								
001217	----- VEGETABLES -----	T: -----								
000909	VSDF BROCCOLI 3/4C = 3/4 VEGETABLE SUB DARK GREE OTHER	T: 3/4 CUP				3/4 1/2 1/4				
000497	----- OR -----	T: -----								
000923	VSDZ BROCCOLI 3/4C = 3/4 VEGETABLE SUB DARK GREE OTHER	T: 3/4 CUP				3/4 1/2 1/4				
000949	VSRF TOMATO 1/4C = 1/4C VEGETABLE SUB RED/ORANG	T: 1/4 CUP				1/4 1/4				
000878	----- FRUIT -----	T: -----								
900013	FRUIT - ASSORTED 1/2 CUP	T: 1/2 Cup Equival T: 1/2 Cup Equival			1/2 1/2					
000879	----- MILK -----	T: -----								
001300	NS MILK 1% ASSORTED	T: 1 EACH				1				
001381	NS MILK 2%	T: 1 EACH				1				
003296	NS MILK SKIM ASSORTED	T: 1 EACH				1				
001382	NS MILK WHOLE	T: 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 -----	T: -----								
001695	NS DELI EGG SALAD 2M	T: 1/2 CUP	2							
001467	----- GRAIN -----	T: -----								
000373	NS GRAIN TORTILLA 9" 2G	T: 1 EACH	2							
001217	----- VEGETABLES -----	T: -----								
000991	VSSZ CORN 1C = 1C	T: 1 CUP				1				
	VEGETABLE SUB									
	STARCHY					1/2				
	OTHER					1/2				
000878	----- FRUIT -----	T: -----								
900013	FRUIT - ASSORTED 1/2 CUP	T: 1/2 Cup Equival T: 1/2 Cup Equival			1/2 1/2					
000879	----- MILK -----	T: -----								
001300	NS MILK 1% ASSORTED	T: 1 EACH					1			
001381	NS MILK 2%	T: 1 EACH					1			
003296	NS MILK SKIM ASSORTED	T: 1 EACH					1			
001382	NS MILK WHOLE	T: 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 -----	T: -----								
001682	NS DELI HAM 2M	T: 11 EACH		2						
001467	----- GRAIN -----	T: -----								
001418	NS GRAIN BREAD WG 2SLI	T: 2 EACH		2						
001255	NS GRAIN ROLL DINNER 1G	T: 1 EACH		1						
001464	----- SIDE -----	T: -----								
003345	NS CONDIMENT MAYO PC	T: 1 EACH								
900263	NS DRESS RANCH	T: 1 TBSP								
001217	----- VEGETABLES -----	T: -----								
000945	VSRF CARROT 3/4C = 3/4C VEGETABLE SUB RED/ORANG	T: 3/4 CUP				3/4				
000952	VSRF PEPPER RED 1/4C = 1 VEGETABLE SUB RED/ORANG	T: 1/4 CUP				1/4				
000878	----- FRUIT -----	T: -----								
900013	FRUIT - ASSORTED 1/2 CUP	T: 1/2 Cup Equival T: 1/2 Cup Equival			1/2 1/2					
000879	----- MILK -----	T: -----								
003296	NS MILK SKIM ASSORTED	T: 1 EACH				1				
001300	NS MILK 1% ASSORTED	T: 1 EACH				1				
001381	NS MILK 2%	T: 1 EACH				1				
001382	NS MILK WHOLE	T: 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 -----	T: -----								
001683	NS DELI TURKEY 2M	T: 4 OZ		2						
001467	----- GRAIN -----	T: -----								
001690	NS GRAIN BAGEL 2G	T: 1 EACH		2						
001697	NS GRAIN CHIP TORTILLA	T: 1 EACH		1						
001464	----- SIDE -----	T: -----								
003345	NS CONDIMENT MAYO PC	T: 1 EACH								
001217	----- VEGETABLES -----	T: -----								
001128	VSOFL LETTUCE 1C = 1/2C VEGETABLE SUB OTHER	T: 1 CUP				1/2				
001041	VSLC BEAN BLACK 1/2C = 1 VEGETABLE SUB LEGUMES	T: 1/2 CUP				1/2				
000878	----- FRUIT -----	T: -----								
900013	FRUIT - ASSORTED 1/2 CUP	T: 1/2 Cup Equival T: 1/2 Cup Equival			1/2 1/2					
000879	----- MILK -----	T: -----								
001300	NS MILK 1% ASSORTED	T: 1 EACH					1			
001381	NS MILK 2%	T: 1 EACH					1			
003296	NS MILK SKIM ASSORTED	T: 1 EACH					1			
001382	NS MILK WHOLE	T: 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 -----	T: -----								
001689	NS DELI CHEF SALAD 2M	T: 1 EACH		2						
001467	----- GRAIN -----	T: -----								
001255	NS GRAIN ROLL DINNER 1G	T: 1 EACH T: 1 EACH		1 1						
001216	NS GRAIN CHIP & CRACKE	T: 1 EACH		1						
001464	----- SIDE -----	T: -----								
900263	NS DRESS RANCH	T: 1 TBSP								
001217	----- VEGETABLES -----	T: -----								
001133	VSOFF SALAD LCR 1C = 1/2C VEGETABLE SUB OTHER	T: 1 CUP				1/2 1/2				
000928	VSDF ROMAINE 1C = 1/2C VEGETABLE SUB DARK GREE	T: 1 CUP				1/2 1/2				
000878	----- FRUIT -----	T: -----								
900013	FRUIT - ASSORTED 1/2 CUP	T: 1/2 Cup Equival T: 1/2 Cup Equival			1/2 1/2					
000879	----- MILK -----	T: -----								
001300	NS MILK 1% ASSORTED	T: 1 EACH				1				
001381	NS MILK 2%	T: 1 EACH				1				
003296	NS MILK SKIM ASSORTED	T: 1 EACH				1				
001382	NS MILK WHOLE	T: 1 EACH				1				

NutriStudents K-12 Menu Contribution Report

WEEK:2 DAY:1

SSO 9-12 5DAY MENU WEEK 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 -----	-----											
001693	NS DELI CHX DICE GREEK 2M	1/2 CUP	2.000										
001467	----- GRAIN -----	-----											
000373	NS GRAIN TORTILLA 9" 2G	1 EACH		2.000				2.000					
001216	NS GRAIN CHIP & CRACKER	1 EACH		1.000				1.000					
001464	----- SIDE -----	-----											
900263	NS DRESS RANCH	1 TBSP											
001217	----- VEGETABLES -----	-----											
000909	VSDF BROCCOLI 3/4C = 3/4C	3/4 CUP				0.750			0.500			0.250	
000497	----- OR -----	-----											
000923	VSDZ BROCCOLI 3/4C = 3/4C	3/4 CUP				0.750			0.500			0.250	
000949	VSRF TOMATO 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								
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						
Total			2.000	3.000	1.000	1.000	1.000	3.000	0.500	0.250		0.250	

WEEK:2 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 -----	-----											
001695	NS DELI EGG SALAD 2M	1/2 CUP	2.000										
001467	----- GRAIN -----	-----											
000373	NS GRAIN TORTILLA 9" 2G	1 EACH		2.000				2.000					
001217	----- VEGETABLES -----	-----											
000991	VSSZ CORN 1C = 1C	1 CUP				1.000					0.500	0.500	
000878	----- FRUIT -----	-----											
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500								
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						
Total			2.000	2.000	1.000	1.000	1.000	2.000			0.500	0.500	

NutriStudents K-12 Menu Contribution Report

SSO 9-12 5DAY MENU WEEK 2

WEEK:2 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 -----	-----											
001682	NS DELI HAM 2M	11 EACH	2.000										
001467	----- GRAIN -----	-----											
001418	NS GRAIN BREAD WG 2SLICES 2G	2 EACH		2.000				2.000					
001255	NS GRAIN ROLL DINNER 1G	1 EACH		1.000				1.000					
001464	----- SIDE -----	-----											
003345	NS CONDIMENT MAYO PC	1 EACH											
900263	NS DRESS RANCH	1 TBSP											
001217	----- VEGETABLES -----	-----											
000945	VSRF CARROT 3/4C = 3/4C	3/4 CUP				0.750				0.750			
000952	VSRF PEPPER RED 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								
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						
Total			2.000	3.000	1.000	1.000	1.000	3.000		1.000			

WEEK:2 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 -----	-----											
001683	NS DELI TURKEY 2M	4 OZ	2.000										
001467	----- GRAIN -----	-----											
001690	NS GRAIN BAGEL 2G	1 EACH		2.000				2.000					
001697	NS GRAIN CHIP TORTILLA	1 EACH		1.000				1.000					
001464	----- SIDE -----	-----											
003345	NS CONDIMENT MAYO PC	1 EACH											
001217	----- VEGETABLES -----	-----											
001128	VSOFF LETTUCE 1C = 1/2C	1 CUP				0.500						0.500	
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								
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						
Total			2.000	3.000	1.000	1.000	1.000	3.000				0.500	0.500

NutriStudents K-12 Menu Contribution Report

SSO 9-12 5DAY MENU WEEK 2

WEEK:2 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 -----	-----											
001689	NS DELI CHEF SALAD 2M	1 EACH	2.000										
001467	----- GRAIN -----	-----											
001255	NS GRAIN ROLL DINNER 1G	1 EACH		1.000				1.000					
001255	NS GRAIN ROLL DINNER 1G	1 EACH		1.000				1.000					
001216	NS GRAIN CHIP & CRACKER ASST1G	1 EACH		1.000				1.000					
001464	----- SIDE -----	-----											
900263	NS DRESS RANCH	1 TBSP											
001217	----- VEGETABLES -----	-----											
001133	VSOB SALAD LCR 1C = 1/2C	1 CUP				0.500						0.500	
000928	VSDP ROMAINE 1C = 1/2C	1 CUP				0.500			0.500				
000878	----- FRUIT -----	-----											
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500								
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						
Total			2.000	3.000	1.000	1.000	1.000	3.000	0.500			0.500	

NutriStudents K-12 Weekly Certification Worksheet

SSO 9-12 5DAY MENU WEEK 2

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%
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	0.5	0	0	0	0.5		1	0.5	Yes					
-Red/Orange	0.25	0	1	0	0		1.25	1.25	Yes					
-Legumes	0	0	0	0.5	0		0.5	0.5	Yes					
-Starchy	0	0.5	0	0	0		0.5	0.5	Yes					
-Other	0.25	0.5	0	0.5	0.5		1.75	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	3	3		14	10	Yes					
Grain: Maximum (oz eq)	3	2	3	3	3		14	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	14	Weekly Whole Grain Rich Total	14	% 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!