

NutriStudents K-12

SSO 9-12 5DAY MENU WEEK 2

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

| | 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 | | | | | | |