

# NutriStudents K-12

## SSO K-5 5DAY MENU WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
*ENTREE: Greek Chicken *GRAIN: Whole Wheat Tortilla *SIDE: Ranch Dressing *VEGETABLES: Broccoli 3/4 CUP *OR: Broccoli 3/4 CUP *FRUIT: Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk	*ENTREE: Egg Salad Wrap *GRAIN: Whole Wheat Tortilla *VEGETABLES: Corn 3/4 CUP *FRUIT: Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk	*ENTREE: Deli Ham *GRAIN: Sliced Bread 2 Each *SIDE: Mayo PC Ranch Dressing *VEGETABLES: Carrots 3/4 CUP *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 1/2 CU Black Bean 1/2 CUP *FRUIT: Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk	*ENTREE: Deli Chef Salad *GRAIN: Dinner Roll Dinner Roll *SIDE: Ranch Dressing *VEGETABLES: LCR Salad Mix 1/2 CUP Romaine CUP *FRUIT: Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorted Whole Milk	Avg Nutrients    Target Cals...            601    100% Chol...            125 mg Sodium...        1173 mg Fiber...            9.5 g Carb                80.9g    53.8%Cal T.Fat               18.2g    27.2%Cal S.Fat                6.1g     9.2%Cal
Nutrients            Target Cals...            502    91% Chol...            63 mg Sodium...        954 mg Fiber..            9.9 g Carb                69.5g    55.4%Cal T.Fat               11.6g    20.8%Cal S.Fat                4.9g     8.8%Cal	Nutrients            Target Cals...            516    94% Chol...            209 mg Sodium...        604 mg Fiber..            7.3 g Carb                70.8g    54.8%Cal T.Fat               18.4g    32.1%Cal S.Fat                6.0g     10.5%Cal	Nutrients            Target Cals...            638    100% Chol...            75 mg Sodium...        1974 mg Fiber..            8.6 g Carb                82.1g    51.5%Cal T.Fat               21.1g    29.8%Cal S.Fat                6.9g     9.7%Cal	Nutrients            Target Cals...            774    119% Chol...            73 mg Sodium...        1378 mg Fiber..            14.9 g Carb                105.5g    54.6%Cal T.Fat               21.7g    25.2%Cal S.Fat                5.1g     6.0%Cal	Nutrients            Target Cals...            577    100% Chol...            204 mg Sodium...        956 mg Fiber..            7.0 g Carb                76.6g    53.1%Cal T.Fat               18.0g    28.1%Cal S.Fat                7.7g     12.0%Cal	

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	601	550-650	100%	Carbohyd	80.91 g	53.82%	
Cholesterol	125 mg			Tot. Fat	18.17 g	27.20%	
Sodium	1173 mg	1230		Sat. Fat	6.11 g	9.15%	<10.00%
Fiber	9.55 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 -----	S: -----								
001693	NS DELI CHX DICE GREEK	S: 1/2 CUP		2						
001467	----- GRAIN -----	S: -----								
000373	NS GRAIN TORTILLA 9" 2G	S: 1 EACH		2						
001464	----- SIDE -----	S: -----								
900263	NS DRESS RANCH	S: 1 TBSP								
001217	----- VEGETABLES -----	S: -----								
000909	VSDF BROCCOLI 3/4C = 3/4  <b>VEGETABLE SUB</b> DARK GREE OTHER	S: 3/4 CUP				3/4				
000497	----- OR -----	S: -----								
000923	VSDZ BROCCOLI 3/4C = 3/4  <b>VEGETABLE SUB</b> DARK GREE OTHER	S: 3/4 CUP				3/4				
000878	----- FRUIT -----	S: -----								
900013	FRUIT - ASSORTED 1/2 CUP	S: 1/2 Cup Equival			1/2					
000879	----- MILK -----	S: -----								
001300	NS MILK 1% ASSORTED	S: 1 EACH					1			
001381	NS MILK 2%	S: 1 EACH					1			
003296	NS MILK SKIM ASSORTED	S: 1 EACH					1			
001382	NS MILK WHOLE	S: 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 -----	S: -----								
001695	NS DELI EGG SALAD 2M	S: 1/2 CUP		2						
001467	----- GRAIN -----	S: -----								
000373	NS GRAIN TORTILLA 9" 2G	S: 1 EACH		2						
001217	----- VEGETABLES -----	S: -----								
000992	VSSZ CORN 3/4C = 3/4C	S: 3/4 CUP				3/4				
	<b>VEGETABLE SUB</b>									
	STARCHY					1/2				
	OTHER					1/4				
000878	----- FRUIT -----	S: -----								
900013	FRUIT - ASSORTED 1/2 CUP	S: 1/2 Cup Equival			1/2					
000879	----- MILK -----	S: -----								
001300	NS MILK 1% ASSORTED	S: 1 EACH					1			
001381	NS MILK 2%	S: 1 EACH					1			
003296	NS MILK SKIM ASSORTED	S: 1 EACH					1			
001382	NS MILK WHOLE	S: 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 -----	S: -----								
001696	NS DELI HAM 1.5M	S: 8 EACH		1 1/2						
001467	----- GRAIN -----	S: -----								
001418	NS GRAIN BREAD WG 2SLI	S: 2 EACH		2						
001464	----- SIDE -----	S: -----								
003345	NS CONDIMENT MAYO PC	S: 1 EACH								
900263	NS DRESS RANCH	S: 1 TBSP								
001217	----- VEGETABLES -----	S: -----								
000945	VSRF CARROT 3/4C = 3/4C	S: 3/4 CUP				3/4				
	<b>VEGETABLE SUB RED/ORANG</b>					3/4				
000878	----- FRUIT -----	S: -----								
900013	FRUIT - ASSORTED 1/2 CUP	S: 1/2 Cup Equival			1/2					
000879	----- MILK -----	S: -----								
003296	NS MILK SKIM ASSORTED	S: 1 EACH					1			
001300	NS MILK 1% ASSORTED	S: 1 EACH					1			
001381	NS MILK 2%	S: 1 EACH					1			
001382	NS MILK WHOLE	S: 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 -----	S: -----								
001683	NS DELI TURKEY 2M	S: 4 OZ		2						
001467	----- GRAIN -----	S: -----								
001690	NS GRAIN BAGEL 2G	S: 1 EACH		2						
001697	NS GRAIN CHIP TORTILLA	S: 1 EACH		1						
001464	----- SIDE -----	S: -----								
003345	NS CONDIMENT MAYO PC	S: 1 EACH								
001217	----- VEGETABLES -----	S: -----								
001129	VSOFF LETTUCE 1/2C = 1/4C  <b>VEGETABLE SUB</b> OTHER	S: 1/2 CUP				1/4				
001041	VSLC BEAN BLACK 1/2C = 1  <b>VEGETABLE SUB</b> LEGUMES	S: 1/2 CUP				1/2				
000878	----- FRUIT -----	S: -----								
900013	FRUIT - ASSORTED 1/2 CUP	S: 1/2 Cup Equival			1/2					
000879	----- MILK -----	S: -----								
001300	NS MILK 1% ASSORTED	S: 1 EACH					1			
001381	NS MILK 2%	S: 1 EACH					1			
003296	NS MILK SKIM ASSORTED	S: 1 EACH					1			
001382	NS MILK WHOLE	S: 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	MMA	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	S: -----								
001689	NS DELI CHEF SALAD 2M	S: 1 EACH	2							
001467	----- GRAIN -----	S: -----								
001255	NS GRAIN ROLL DINNER 1G	S: 1 EACH S: 1 EACH		1 1						
001464	----- SIDE -----	S: -----								
900263	NS DRESS RANCH	S: 1 TBSP								
001217	----- VEGETABLES -----	S: -----								
001134	VSOB SALAD LCR 1/2C = 1/4  <b>VEGETABLE SUB OTHER</b>	S: 1/2 CUP				1/4 1/4				
000928	VSDP ROMAINE 1C = 1/2C  <b>VEGETABLE SUB DARK GREE</b>	S: 1 CUP				1/2 1/2				
000878	----- FRUIT -----	S: -----								
900013	FRUIT - ASSORTED 1/2 CUP	S: 1/2 Cup Equival			1/2					
000879	----- MILK -----	S: -----								
001300	NS MILK 1% ASSORTED	S: 1 EACH					1			
001381	NS MILK 2%	S: 1 EACH					1			
003296	NS MILK SKIM ASSORTED	S: 1 EACH					1			
001382	NS MILK WHOLE	S: 1 EACH					1			

# NutriStudents K-12 Menu Contribution Report

SSO K-5 5DAY MENU WEEK 2

WEEK:2 DAY:1

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					
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	
000878	----- FRUIT -----	-----											
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						
<b>Total</b>			2.000	2.000	0.500	0.750	1.000	2.000	0.500			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 -----	-----											
000992	VSSZ CORN 3/4C = 3/4C	3/4 CUP				0.750					0.500	0.250	
000878	----- FRUIT -----	-----											
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						
<b>Total</b>			2.000	2.000	0.500	0.750	1.000	2.000			0.500	0.250	

# NutriStudents K-12

## Menu Contribution Report

SSO K-5 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 -----	-----											
001696	NS DELI HAM 1.5M	8 EACH	1.500										
001467	----- GRAIN -----	-----											
001418	NS GRAIN BREAD WG 2SLICES 2G	2 EACH		2.000				2.000					
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			
000878	----- FRUIT -----	-----											
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						
<b>Total</b>			1.500	2.000	0.500	0.750	1.000	2.000		0.750			

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 -----	-----											
001129	VSOFL LETTUCE 1/2C = 1/4C	1/2 CUP				0.250						0.250	
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								
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						
<b>Total</b>			2.000	3.000	0.500	0.750	1.000	3.000				0.250	0.500



# NutriStudents K-12 Menu Contribution Report

WEEK:2 DAY:5

SSO K-5 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 -----	-----											
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					
001464	----- SIDE -----	-----											
900263	NS DRESS RANCH	1 TBSP											
001217	----- VEGETABLES -----	-----											
001134	VSOE SALAD LCR 1/2C = 1/4C	1/2 CUP				0.250						0.250	
000928	VSDO ROMAINE 1C = 1/2C	1 CUP				0.500			0.500				
000878	----- FRUIT -----	-----											
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						
<b>Total</b>			2.000	2.000	0.500	0.750	1.000	2.000	0.500			0.250	

## NutriStudents K-12 Weekly Certification Worksheet

SSO K-5 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)	0.5	0.5	0.5	0.5	0.5		2.5	2.5	Yes		2.5	0	0.00%
Vegetables: Minimum (cups)	0.75	0.75	0.75	0.75	0.75		3.75	3.75	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	0	0.75	0	0		0.75	0.75	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	0.25	0	0.25	0.25		1	0.5	Yes					
										3.75	0	0.00%	Yes	
Meat/Meat Alt: Minimum (oz eq)	2	2	1.5	2	2		9.5	8	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	1.5	2	2		9.5	10	Yes					
Grain: Minimum (oz eq)	2	2	2	3	2		11	8	Yes					
Grain: Maximum (oz eq)	2	2	2	3	2		11	9	OVER					
Grain Based Dessert Total for all weekly meals							0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	11	Weekly Whole Grain Rich Total	11	% 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!