

NutriStudents K-12

SSO K-5 7DAY MENU WEEK 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Nutrients
<p>*ENTREE: Deli Garden Salad</p> <p>*GRAIN: Dinner Roll Dinner Roll</p> <p>*SIDE: Ranch Dressing</p> <p>*VEGETABLES: LCR Salad Mix 1/ Cabbage 1/2 CUP</p> <p>*FRUIT: Assorted Fruit</p> <p>*MILK: 1% Milk Assorted 2% Milk Skim Milk Assorte Whole Milk</p>	<p>*ENTREE: Deli Turkey</p> <p>*GRAIN: Assorted Hambur</p> <p>*VEGETABLES: Shredded Lettuce Black Bean 1/2 C</p> <p>*FRUIT: Assorted Fruit</p> <p>*MILK: Skim Milk Assorte 1% Milk Assorted 2% Milk Whole Milk</p>	<p>*ENTREE: Deli Pastrami</p> <p>*GRAIN: Sliced Bread 2 Ea</p> <p>*SIDE: Mayo PC Ranch Dressing</p> <p>*VEGETABLES: Broccoli 3/4 CUP</p> <p>*FRUIT: Assorted Fruit</p> <p>*MILK: Skim Milk Assorte 1% Milk Assorted 2% Milk Whole Milk</p>	<p>*ENTREE: Old Fashioned Chi Wrap</p> <p>*GRAIN: Whole Wheat Tort</p> <p>*VEGETABLES: Corn 1/2 CUP</p> <p>*OR: Corn 1/2 CUP Cabbage 1/4 CUP</p> <p>*FRUIT: Assorted Fruit</p> <p>*MILK: Skim Milk Assorte 1% Milk Assorted 2% Milk Whole Milk</p>	<p>*ENTREE: Berry Parfait w/Gr</p> <p>*SIDE: Whipped Cream Ranch Dressing</p> <p>*VEGETABLES: Red Pepper 3/4 C</p> <p>*FRUIT: Assorted Fruit</p> <p>*MILK: 1% Milk Assorted 2% Milk Skim Milk Assorte Whole Milk</p>	<p>*ENTREE: Cheese Stick or St 1 Each Yogurt Cup</p> <p>*GRAIN: Whole Grain Cere</p> <p>*SIDE: Ranch Dressing</p> <p>*VEGETABLES: Carrots 1/4 CUP Broccoli 1/2 CUP</p> <p>*FRUIT: Assorted Fruit</p> <p>*MILK: 1% Milk Assorted 2% Milk Skim Milk Assorte Whole Milk</p>	<p>*ENTREE: Deli Turkey</p> <p>*GRAIN: Croissant</p> <p>*SIDE: Ranch Dressing</p> <p>*VEGETABLES: Carrots 3/4 CUP</p> <p>*FRUIT: Assorted Fruit</p> <p>*MILK: 1% Milk Assorted 2% Milk Skim Milk Assorte Whole Milk</p>	<p>Avg Nutrients Target</p> <p>Cals... 604 100%</p> <p>Chol... 80 mg Sodium... 984 mg Fiber... 8.4 g 57.4%Cal</p> <p>T.Fat 16.7g 24.8%Cal</p> <p>S.Fat 6.5g 9.7%Cal</p>
<p>Nutrients Target</p> <p>Cals... 562 100%</p> <p>Chol... 191 mg Sodium... 615 mg Fiber... 8.4 g Carb 78.8g 56.1%Cal</p> <p>T.Fat 17.0g 27.3%Cal</p> <p>S.Fat 7.2g 11.5%Cal</p>	<p>Nutrients Target</p> <p>Cals... 544 99%</p> <p>Chol... 68 mg Sodium... 1205 mg Fiber... 10.9 g Carb 78.0g 57.4%Cal</p> <p>T.Fat 8.9g 14.8%Cal</p> <p>S.Fat 3.4g 5.6%Cal</p>	<p>Nutrients Target</p> <p>Cals... 631 100%</p> <p>Chol... 84 mg Sodium... 1718 mg Fiber... 8.7 g Carb 68.4g 43.4%Cal</p> <p>T.Fat 25.1g 35.8%Cal</p> <p>S.Fat 8.8g 12.6%Cal</p>	<p>Nutrients Target</p> <p>Cals... 560 121%</p> <p>Chol... 65 mg Sodium... 711 mg Fiber... 8.9 g Carb 77.3g 55.2%Cal</p> <p>T.Fat 16.1g 25.9%Cal</p> <p>S.Fat 4.9g 7.9%Cal</p>	<p>Nutrients Target</p> <p>Cals... 789 121%</p> <p>Chol... 29 mg Sodium... 672 mg Fiber... 7.3 g Carb 135.7g 68.8%Cal</p> <p>T.Fat 18.1g 20.7%Cal</p> <p>S.Fat 4.4g 5.0%Cal</p>	<p>Nutrients Target</p> <p>Cals... 536 97%</p> <p>Chol... 40 mg Sodium... 800 mg Fiber... 7.3 g Carb 84.6g 63.1%Cal</p> <p>T.Fat 13.1g 22.0%Cal</p> <p>S.Fat 6.7g 11.3%Cal</p>	<p>Nutrients Target</p> <p>Cals... 610 100%</p> <p>Chol... 84 mg Sodium... 1169 mg Fiber... 7.3 g Carb 84.7g 55.5%Cal</p> <p>T.Fat 18.3g 26.9%Cal</p> <p>S.Fat 10.0g 14.8%Cal</p>	

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	604	550-650	100%	Carbohyd	86.80 g	57.44%	
Cholesterol	80 mg			Tot. Fat	16.66 g	24.81%	
Sodium	984 mg	1230		Sat. Fat	6.48 g	9.65%	<10.00%
Fiber	8.40 g						