

# NutriStudents K-12

SSO K-5 7DAY MENU WEEK 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Nutrients
*ENTREE: Chicken Caesar S *GRAIN: Dinner Roll Dinner Roll *SIDE: Caesar Dressing *VEGETABLES: LCR Salad Mix 1/ Romaine CUP *FRUIT: Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorte Whole Milk	*ENTREE: Greek Chicken *GRAIN: Whole Wheat Tort *SIDE: Ranch Dressing *VEGETABLES: Broccoli 3/4 CUP *OR: Broccoli 3/4 CUP *FRUIT: Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorte Whole Milk	*ENTREE: Egg Salad Wrap *GRAIN: Whole Wheat Tort *VEGETABLES: Corn 3/4 CUP *FRUIT: Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorte Whole Milk	*ENTREE: Deli Ham *GRAIN: Sliced Bread 2 Ea *SIDE: Mayo PC Ranch Dressing *VEGETABLES: Carrots 3/4 CUP *FRUIT: Assorted Fruit *MILK: Skim Milk Assorte 1% Milk Assorted 2% Milk Whole Milk	*ENTREE: Deli Turkey *GRAIN: Bagel Tortilla Chips 1G *SIDE: Mayo PC *VEGETABLES: Shredded Lettuce Black Bean 1/2 C *FRUIT: Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorte Whole Milk	*ENTREE: Deli Chef Salad *GRAIN: Dinner Roll Dinner Roll *SIDE: Ranch Dressing *VEGETABLES: LCR Salad Mix 1/ Romaine CUP *FRUIT: Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorte Whole Milk	*ENTREE: Peanut Butter *OR: Sun Butter *GRAIN: Sliced Bread 2 Ea *SIDE: Ranch Dressing *VEGETABLES: Cucumber 3/4 CU *FRUIT: Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorte Whole Milk	Avg Nutrients Target Cals... 648 *OR: 100% Chol... 104 mg Sodium... 1077 mg Fiber... 11.4 g Carb 82.4g 50.8%Cal T.Fat 22.5g 31.2%Cal S.Fat 6.9g 9.6%Cal
Nutrients Target Cals... 748 115% Chol... 88 mg Sodium... 977 mg Fiber... 23.2 g Carb 93.1g 49.8%Cal T.Fat 25.6g 30.8%Cal S.Fat 9.3g 11.1%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	Nutrients Target Cals... 784 121% Chol... 19 mg Sodium... 699 mg Fiber... 9.1 g Carb 79.2g 40.4%Cal T.Fat 40.7g 46.7%Cal S.Fat 8.5g 9.7%Cal	

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	648	550-650	100%	Carbohyd	82.41 g	50.84%	
Cholesterol	104 mg			Tot. Fat	22.46 g	31.17%	
Sodium	1077 mg	1230		Sat. Fat	6.90 g	9.58%	<10.00%
Fiber	11.43 g						