

# NutriStudents K-12

SSO K-8 7DAY MENU WEEK 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Nutrients
*ENTREE: Deli Garden Salad *GRAIN: Dinner Roll Dinner Roll *SIDE: Ranch Dressing *VEGETABLES: LCR Salad Mix 1/ Cabbage 1/2 CUP *FRUIT: Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorte Whole Milk	*ENTREE: Deli Turkey *GRAIN: Assorted Hambur *VEGETABLES: Shredded Lettuce Black Bean 1/2 C *FRUIT: Assorted Fruit *MILK: Skim Milk Assorte 1% Milk Assorted 2% Milk Whole Milk	*ENTREE: Deli Pastrami *GRAIN: Sliced Bread 2 Ea *SIDE: Mayo PC Ranch Dressing *VEGETABLES: Broccoli 3/4 CUP *FRUIT: Assorted Fruit *MILK: Skim Milk Assorte 1% Milk Assorted 2% Milk Whole Milk	*ENTREE: Old Fashioned Chi Wrap *GRAIN: Whole Wheat Tort *VEGETABLES: Corn 1/2 CUP *OR: Corn 1/2 CUP Cabbage 1/4 CUP *FRUIT: Assorted Fruit *MILK: Skim Milk Assorte 1% Milk Assorted 2% Milk Whole Milk	*ENTREE: Berry Parfait w/Gr *SIDE: Whipped Cream Ranch Dressing *VEGETABLES: Red Pepper 3/4 C *FRUIT: Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorte Whole Milk	*ENTREE: Cheese Stick or St 1 Each Yogurt Cup *GRAIN: Whole Grain Cere *SIDE: Ranch Dressing *VEGETABLES: Carrots 1/4 CUP Broccoli 1/2 CUP *FRUIT: Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorte Whole Milk	*ENTREE: Deli Turkey *GRAIN: Croissant *SIDE: Ranch Dressing *VEGETABLES: Carrots 3/4 CUP *FRUIT: Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorte Whole Milk	Avg Nutrients Target Cals... 604 100% Chol... 80 mg Sodium. 984 mg Fiber.. 8.4 g 57.4%Cal T.Fat 16.7g 24.8%Cal S.Fat 6.5g 9.7%Cal
Nutrients Target Cals... 562 94% Chol... 191 mg Sodium. 615 mg Fiber.. 8.4 g Carb 78.8g 56.1%Cal T.Fat 17.0g 27.3%Cal S.Fat 7.2g 11.5%Cal	Nutrients Target Cals... 544 91% Chol... 68 mg Sodium. 1205 mg Fiber.. 10.9 g Carb 78.0g 57.4%Cal T.Fat 8.9g 14.8%Cal S.Fat 3.4g 5.6%Cal	Nutrients Target Cals... 631 100% Chol... 84 mg Sodium. 1718 mg Fiber.. 8.7 g Carb 68.4g 43.4%Cal T.Fat 25.1g 35.8%Cal S.Fat 8.8g 12.6%Cal	Nutrients Target Cals... 560 93% Chol... 65 mg Sodium. 711 mg Fiber.. 8.9 g Carb 77.3g 55.2%Cal T.Fat 16.1g 25.9%Cal S.Fat 4.9g 7.9%Cal	Nutrients Target Cals... 789 121% Chol... 29 mg Sodium. 672 mg Fiber.. 7.3 g Carb 135.7g 68.8%Cal T.Fat 18.1g 20.7%Cal S.Fat 4.4g 5.0%Cal	Nutrients Target Cals... 536 89% Chol... 40 mg Sodium. 800 mg Fiber.. 7.3 g Carb 84.6g 63.1%Cal T.Fat 13.1g 22.0%Cal S.Fat 6.7g 11.3%Cal	Nutrients Target Cals... 610 100% Chol... 84 mg Sodium. 1169 mg Fiber.. 7.3 g Carb 84.7g 55.5%Cal T.Fat 18.3g 26.9%Cal S.Fat 10.0g 14.8%Cal	

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	604	600-650	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						

SSO K-8 7DAY MENU WEEK:1 DAY:1  
 DATE:\_\_\_\_\_

## 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: -----								
001698	NS DELI GARDEN SALAD 2	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	VSOFF SALAD LCR 1/2C = 1/4  <b>VEGETABLE SUB</b> OTHER	S: 1/2 CUP				1/4				
001123	VSOFF CABBAGE 1/2C = 1/2C  <b>VEGETABLE SUB</b> OTHER	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	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: -----								
003249	NS GRAIN BUN HAMBURGE	S: 1 EACH		2						
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: -----								
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: -----								
001686	NS DELI PASTRAMI 2M	S: 4 OZ		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: -----								
000909	VSDF BROCCOLI 3/4C = 3/4  <b>VEGETABLE SUB</b> DARK GREE OTHER	S: 3/4 CUP				3/4  1/2 1/4				
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	MMA	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	S: -----								
001692	NS DELI CHX DICE OLD FAS	S: 1/2 CUP		2						
001467	----- GRAIN -----	S: -----								
000373	NS GRAIN TORTILLA 9" 2G	S: 1 EACH		2						
001217	----- VEGETABLES -----	S: -----								
000993	VSSC CORN 1/2C = 1/2C	S: 1/2 CUP				1/2				
	<b>VEGETABLE SUB STARCHY</b>					1/2				
000497	----- OR -----	S: -----								
000988	VSSZ CORN 1/2C = 1/2C	S: 1/2 CUP				1/2				
	<b>VEGETABLE SUB STARCHY</b>					1/2				
001124	VSOFC CABBAGE 1/4C = 1/4C	S: 1/4 CUP				1/4				
	<b>VEGETABLE SUB OTHER</b>					1/4				
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/M	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	S: -----								
001619	NS PARFAIT BERRY WGRA	S: 1 EACH	2	2			1/4			
001464	----- SIDE -----	S: -----								
001584	NS CONDIMENT CREAM W	S: 2 TBSP								
900263	NS DRESS RANCH	S: 1 TBSP								
001217	----- VEGETABLES -----	S: -----								
000954	VSRF PEPPER RED 3/4C = 3	S: 3/4 CUP				3/4				
	<b>VEGETABLE SUB</b>									
	RED/ORANG					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: -----								
900253	NS CHZ STICK or STRING 1	S: 1 EACH		1						
001644	NS YOGURT 1M	S: 1 EACH		1						
001467	----- GRAIN -----	S: -----								
001601	NS GRAIN CEREAL 1G	S: 1 EACH		1						
001464	----- SIDE -----	S: -----								
900263	NS DRESS RANCH	S: 1 TBSP								
001217	----- VEGETABLES -----	S: -----								
000942	VSRF CARROT 1/4C = 1/4C  <b>VEGETABLE SUB RED/ORANG</b>	S: 1/4 CUP				1/4				
000912	VSDF BROCCOLI 1/2C =1/2  <b>VEGETABLE SUB DARK GREE</b>	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	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: -----								
001703	NS GRAIN CROISSANT 2G	S: 1 EACH		2						
001464	----- SIDE -----	S: -----								
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: -----								
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-8 7DAY MENU WEEK 1

WEEK:1 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 -----	-----											
001698	NS DELI GARDEN 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	VSOF SALAD LCR 1/2C = 1/4C	1/2 CUP				0.250						0.250	
001123	VSOF CABBAGE 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	2.000	0.500	0.750	1.000	2.000				0.750	

WEEK:1 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 -----	-----											
001683	NS DELI TURKEY 2M	4 OZ	2.000										
001467	----- GRAIN -----	-----											
003249	NS GRAIN BUN HAMBURGER 2G	1 EACH		2.000				2.000					
001217	----- VEGETABLES -----	-----											
001129	VSOF LETTUCE 1/2C = 1/4C	1/2 CUP				0.250						0.250	
001041	VSOC 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 -----	-----											
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>			2.000	2.000	0.500	0.750	1.000	2.000				0.250	0.500

# NutriStudents K-12

## Menu Contribution Report

SSO K-8 7DAY MENU WEEK 1

WEEK:1 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 -----	-----											
001686	NS DELI PASTRAMI 2M	4 OZ	2.000										
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 -----	-----											
000909	VSDF 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 -----	-----											
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>			2.000	2.000	0.500	0.750	1.000	2.000	0.500			0.250	

WEEK:1 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 -----	-----											
001692	NS DELI CHX DICE OLD FASHION2M	1/2 CUP	2.000										
001467	----- GRAIN -----	-----											
000373	NS GRAIN TORTILLA 9" 2G	1 EACH		2.000				2.000					
001217	----- VEGETABLES -----	-----											
000993	VSSC CORN 1/2C = 1/2C	1/2 CUP				0.500					0.500		
000497	----- OR -----	-----											
000988	VSSZ CORN 1/2C = 1/2C	1/2 CUP				0.500					0.500		
001124	VSOFC CABBAGE 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								
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>			2.000	2.000	0.500	0.750	1.000	2.000			0.500	0.250	

# NutriStudents K-12 Menu Contribution Report

SSO K-8 7DAY MENU WEEK 1

WEEK:1 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 -----	-----											
001619	NS PARFAIT BERRY WGRAN 2M2.25G	1 EACH	2.000	2.250				2.250					
001464	----- SIDE -----	-----											
001584	NS CONDIMENT CREAM WHIP 2TBSP	2 TBSP											
900263	NS DRESS RANCH	1 TBSP											
001217	----- VEGETABLES -----	-----											
000954	VSRF PEPPER RED 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 -----	-----											
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	2.250	0.500	0.750	1.000	2.250		0.750			

WEEK:1 DAY:6

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 -----	-----											
900253	NS CHZ STICK or STRING 1M	1 EACH	1.000										
001644	NS YOGURT 1M	1 EACH	1.000										
001467	----- GRAIN -----	-----											
001601	NS GRAIN CEREAL 1G	1 EACH		1.000				1.000					
001464	----- SIDE -----	-----											
900263	NS DRESS RANCH	1 TBSP											
001217	----- VEGETABLES -----	-----											
000942	VSRF CARROT 1/4C = 1/4C	1/4 CUP				0.250				0.250			
000912	VSDF BROCCOLI 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	1.000	0.500	0.750	1.000	1.000	0.500	0.250			

# NutriStudents K-12 Menu Contribution Report

SSO K-8 7DAY MENU WEEK 1

WEEK:1 DAY:7

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 -----	-----											
001703	NS GRAIN CROISSANT 2G	1 EACH		2.000				2.000					
001464	----- SIDE -----	-----											
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 -----	-----											
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		0.750			

## NutriStudents K-12 Weekly Certification Worksheet

SSO K-8 7DAY MENU WEEK 1

7 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	0.5	0.5	3.5	3.5	Yes		3.5	0	0.00%	Yes
Vegetables: Minimum (cups)	0.75	0.75	0.75	0.75	0.75	0.75	0.75	5.25	5.25	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	0	0.5	0	0	0.5	0	1	0.5	Yes					
-Red/Orange	0	0	0	0	0.75	0.25	0.75	1.75	0.75	Yes					
-Legumes	0	0.5	0	0	0	0	0	0.5	0.5	Yes					
-Starchy	0	0	0	0.5	0	0	0	0.5	0.5	Yes					
-Other	0.75	0.25	0.25	0.25	0	0	0	1.5	0.5	Yes					
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2	2	2	2	14	12.5	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2	2	2	2	14	14	Yes					
Grain: Minimum (oz eq)	2	2	2	2	2.25	1	2	13.25	11	Yes					
Grain: Maximum (oz eq)	2	2	2	2	2.25	1	2	13.25	12.5	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	13.25	Weekly Whole Grain Rich Total	13.25	% 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	1	1	7	7	Yes					
Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat(1% or less) unflavored	Yes	Yes	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!