

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						