

# NutriStudents K-12

## SSO 9-12 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 C Cabbage 1/2 CUP *FRUIT: Assorted Fruit Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorte Whole Milk	*ENTREE: Deli Turkey *GRAIN: Assorted Hambur Assorted Cracker Chips 1G *VEGETABLES: Shredded Lettuce Carrots 1/4 CUP Black Bean 1/2 C *FRUIT: Assorted 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 CUP *FRUIT: Assorted Fruit Assorted Fruit *MILK: Skim Milk Assorte 1% Milk Assorted 2% Milk Whole Milk	*ENTREE: Old Fashioned Chi Wrap *GRAIN: Whole Wheat Tort Assorted Cracker Chips 1G *VEGETABLES: Corn 1/2 CUP *OR: Corn 1/2 CUP Cabbage 1/2 CUP *FRUIT: Assorted 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 Carrots 1/4 CUP *FRUIT: Assorted 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 Whole Grain Cere *SIDE: Ranch Dressing *VEGETABLES: Carrots 1/2 CUP Broccoli 1/2 CUP *FRUIT: Assorted Fruit Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorte Whole Milk	*ENTREE: Deli Turkey *GRAIN: Croissant Assorted Cracker Chips 1G *SIDE: Ranch Dressing *VEGETABLES: Carrots CUP *FRUIT: Assorted Fruit Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorte Whole Milk	Avg Nutrients Target Cals... 755 100% Chol... 80 mg Sodium. 1091 mg Fiber.. 12.1 g Carb 118.7g 62.9%Cal T.Fat 18.8g 22.4%Cal S.Fat 6.8g 8.2%Cal
Nutrients Target Cals... 632 84% Chol... 191 mg Sodium. 624 mg Fiber.. 10.3 g Carb 96.9g 61.3%Cal T.Fat 17.0g 24.2%Cal S.Fat 7.2g 10.2%Cal	Nutrients Target Cals... 757 100% Chol... 68 mg Sodium. 1372 mg Fiber.. 15.5 g Carb 119.5g 63.1%Cal T.Fat 13.3g 15.8%Cal S.Fat 4.1g 4.9%Cal	Nutrients Target Cals... 707 94% Chol... 84 mg Sodium. 1734 mg Fiber.. 11.5 g Carb 86.9g 49.1%Cal T.Fat 25.1g 31.9%Cal S.Fat 8.8g 11.2%Cal	Nutrients Target Cals... 765 100% Chol... 65 mg Sodium. 862 mg Fiber.. 13.3 g Carb 117.1g 61.2%Cal T.Fat 20.5g 24.1%Cal S.Fat 5.7g 6.7%Cal	Nutrients Target Cals... 874 103% Chol... 29 mg Sodium. 700 mg Fiber.. 10.0 g Carb 156.7g 71.7%Cal T.Fat 18.1g 18.7%Cal S.Fat 4.4g 4.5%Cal	Nutrients Target Cals... 724 97% Chol... 40 mg Sodium. 1012 mg Fiber.. 12.1 g Carb 127.6g 70.5%Cal T.Fat 14.9g 18.5%Cal S.Fat 7.0g 8.8%Cal	Nutrients Target Cals... 824 100% Chol... 84 mg Sodium. 1336 mg Fiber.. 11.9 g Carb 126.2g 61.3%Cal T.Fat 22.7g 24.8%Cal S.Fat 10.7g 11.7%Cal	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Nutrients
		Average	Weekly Target	% of Target	Average	% of Calories	Weekly Target
		755	750-850	100%	Carbohyd	118.69 g	62.90%
		80 mg			Tot. Fat	18.81 g	22.43%
		1091 mg	1420		Sat. Fat	6.85 g	8.16%
		12.06 g					<10.00%

## 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 -----	T: -----								
001698	NS DELI GARDEN SALAD 2	T: 1 EACH	2							
001467	----- GRAIN -----	T: -----								
001255	NS GRAIN ROLL DINNER 1G	T: 1 EACH T: 1 EACH		1 1						
001464	----- SIDE -----	T: -----								
900263	NS DRESS RANCH	T: 1 TBSP								
001217	----- VEGETABLES -----	T: -----								
001133	VSOFF SALAD LCR 1C = 1/2C  <b>VEGETABLE SUB OTHER</b>	T: 1 CUP				1/2  1/2				
001123	VSOFF CABBAGE 1/2C = 1/2C  <b>VEGETABLE SUB OTHER</b>	T: 1/2 CUP				1/2  1/2				
000878	----- FRUIT -----	T: -----								
900013	FRUIT - ASSORTED 1/2 CUP	T: 1/2 Cup Equival T: 1/2 Cup Equival			1/2 1/2					
000879	----- MILK -----	T: -----								
001300	NS MILK 1% ASSORTED	T: 1 EACH				1				
001381	NS MILK 2%	T: 1 EACH				1				
003296	NS MILK SKIM ASSORTED	T: 1 EACH				1				
001382	NS MILK WHOLE	T: 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 -----	T: -----								
001683	NS DELI TURKEY 2M	T: 4 OZ		2						
001467	----- GRAIN -----	T: -----								
003249	NS GRAIN BUN HAMBURGE	T: 1 EACH		2						
001216	NS GRAIN CHIP & CRACKE	T: 1 EACH		1						
001217	----- VEGETABLES -----	T: -----								
001129	VSOFF LETTUCE 1/2C = 1/4C  <b>VEGETABLE SUB</b> OTHER	T: 1/2 CUP				1/4				
000942	VSRF CARROT 1/4C = 1/4C  <b>VEGETABLE SUB</b> RED/ORANG	T: 1/4 CUP				1/4				
001041	VSLC BEAN BLACK 1/2C = 1  <b>VEGETABLE SUB</b> LEGUMES	T: 1/2 CUP				1/2				
000878	----- FRUIT -----	T: -----								
900013	FRUIT - ASSORTED 1/2 CUP	T: 1/2 Cup Equival T: 1/2 Cup Equival			1/2 1/2					
000879	----- MILK -----	T: -----								
003296	NS MILK SKIM ASSORTED	T: 1 EACH				1				
001300	NS MILK 1% ASSORTED	T: 1 EACH				1				
001381	NS MILK 2%	T: 1 EACH				1				
001382	NS MILK WHOLE	T: 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 -----	T: -----								
001686	NS DELI PASTRAMI 2M	T: 4 OZ	2							
001467	----- GRAIN -----	T: -----								
001418	NS GRAIN BREAD WG 2SLI	T: 2 EACH	2							
001464	----- SIDE -----	T: -----								
003345	NS CONDIMENT MAYO PC	T: 1 EACH								
900263	NS DRESS RANCH	T: 1 TBSP								
001217	----- VEGETABLES -----	T: -----								
000913	VSDF BROCCOLI 1C = 1C  <b>VEGETABLE SUB</b> DARK GREE OTHER	T: 1 CUP				1  1/2 1/2				
000878	----- FRUIT -----	T: -----								
900013	FRUIT - ASSORTED 1/2 CUP	T: 1/2 Cup Equival T: 1/2 Cup Equival			1/2 1/2					
000879	----- MILK -----	T: -----								
003296	NS MILK SKIM ASSORTED	T: 1 EACH				1				
001300	NS MILK 1% ASSORTED	T: 1 EACH				1				
001381	NS MILK 2%	T: 1 EACH				1				
001382	NS MILK WHOLE	T: 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 -----	T: -----								
001692	NS DELI CHX DICE OLD FAS	T: 1/2 CUP		2						
001467	----- GRAIN -----	T: -----								
000373	NS GRAIN TORTILLA 9" 2G	T: 1 EACH		2						
001216	NS GRAIN CHIP & CRACKE	T: 1 EACH		1						
001217	----- VEGETABLES -----	T: -----								
000993	VSSC CORN 1/2C = 1/2C	T: 1/2 CUP				1/2				
	<b>VEGETABLE SUB</b>									
	STARCHY					1/2				
000497	----- OR -----	T: -----								
000988	VSSZ CORN 1/2C = 1/2C	T: 1/2 CUP				1/2				
	<b>VEGETABLE SUB</b>									
	STARCHY					1/2				
001123	VSOFC CABBAGE 1/2C = 1/2C	T: 1/2 CUP				1/2				
	<b>VEGETABLE SUB</b>									
	OTHER					1/2				
000878	----- FRUIT -----	T: -----								
900013	FRUIT - ASSORTED 1/2 CUP	T: 1/2 Cup Equival T: 1/2 Cup Equival			1/2 1/2					
000879	----- MILK -----	T: -----								
003296	NS MILK SKIM ASSORTED	T: 1 EACH				1				
001300	NS MILK 1% ASSORTED	T: 1 EACH				1				
001381	NS MILK 2%	T: 1 EACH				1				
001382	NS MILK WHOLE	T: 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	A	G	F	V	M	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	T: -----									
001619	NS PARFAIT BERRY WGRA	T: 1 EACH	2		2			1/4			
001464	----- SIDE -----	T: -----									
001584	NS CONDIMENT CREAM W	T: 2 TBSP									
900263	NS DRESS RANCH	T: 1 TBSP									
001217	----- VEGETABLES -----	T: -----									
000954	VSRF PEPPER RED 3/4C = 3  <b>VEGETABLE SUB</b> RED/ORANG	T: 3/4 CUP					3/4				
000942	VSRF CARROT 1/4C = 1/4C  <b>VEGETABLE SUB</b> RED/ORANG	T: 1/4 CUP					3/4 1/4				
000878	----- FRUIT -----	T: -----									
900013	FRUIT - ASSORTED 1/2 CUP	T: 1/2 Cup Equival T: 1/2 Cup Equival					1/2 1/2				
000879	----- MILK -----	T: -----									
001300	NS MILK 1% ASSORTED	T: 1 EACH						1			
001381	NS MILK 2%	T: 1 EACH						1			
003296	NS MILK SKIM ASSORTED	T: 1 EACH						1			
001382	NS MILK WHOLE	T: 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	A	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	T: -----									
900253	NS CHZ STICK or STRING 1	T: 1 EACH			1						
001644	NS YOGURT 1M	T: 1 EACH			1						
001467	----- GRAIN -----	T: -----									
001601	NS GRAIN CEREAL 1G	T: 1 EACH T: 1 EACH			1 1						
001464	----- SIDE -----	T: -----									
900263	NS DRESS RANCH	T: 1 TBSP									
001217	----- VEGETABLES -----	T: -----									
000941	VSRF CARROT 1/2C = 1/2C  <b>VEGETABLE SUB</b> RED/ORANG	T: 1/2 CUP					1/2				
000912	VSDF BROCCOLI 1/2C =1/2  <b>VEGETABLE SUB</b> DARK GREE	T: 1/2 CUP					1/2 1/2				
000878	----- FRUIT -----	T: -----									
900013	FRUIT - ASSORTED 1/2 CUP	T: 1/2 Cup Equival T: 1/2 Cup Equival					1/2 1/2				
000879	----- MILK -----	T: -----									
001300	NS MILK 1% ASSORTED	T: 1 EACH						1			
001381	NS MILK 2%	T: 1 EACH						1			
003296	NS MILK SKIM ASSORTED	T: 1 EACH						1			
001382	NS MILK WHOLE	T: 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 -----	T: -----								
001683	NS DELI TURKEY 2M	T: 4 OZ		2						
001467	----- GRAIN -----	T: -----								
001703	NS GRAIN CROISSANT 2G	T: 1 EACH		2						
001216	NS GRAIN CHIP & CRACKE	T: 1 EACH		1						
001464	----- SIDE -----	T: -----								
900263	NS DRESS RANCH	T: 1 TBSP								
001217	----- VEGETABLES -----	T: -----								
000944	VSRF CARROT 1C = 1C  <b>VEGETABLE SUB RED/ORANG</b>	T: 1 CUP				1  1				
000878	----- FRUIT -----	T: -----								
900013	FRUIT - ASSORTED 1/2 CUP	T: 1/2 Cup Equival T: 1/2 Cup Equival			1/2 1/2					
000879	----- MILK -----	T: -----								
001300	NS MILK 1% ASSORTED	T: 1 EACH				1				
001381	NS MILK 2%	T: 1 EACH				1				
003296	NS MILK SKIM ASSORTED	T: 1 EACH				1				
001382	NS MILK WHOLE	T: 1 EACH				1				



# NutriStudents K-12 Menu Contribution Report

SSO 9-12 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 -----	-----											
001133	VSOB SALAD LCR 1C = 1/2C	1 CUP				0.500						0.500	
001123	VSOB 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								
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	1.000	1.000	1.000	2.000				1.000	

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					
001216	NS GRAIN CHIP & CRACKER ASST1G	1 EACH		1.000				1.000					
001217	----- VEGETABLES -----	-----											
001129	VSOB LETTUCE 1/2C = 1/4C	1/2 CUP				0.250						0.250	
000942	VSRF CARROT 1/4C = 1/4C	1/4 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								
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	3.000	1.000	1.000	1.000	3.000		0.250		0.250	0.500

# NutriStudents K-12 Menu Contribution Report

SSO 9-12 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 -----	-----											
000913	VSDF BROCCOLI 1C = 1C	1 CUP				1.000			0.500			0.500	
000878	----- FRUIT -----	-----											
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500								
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	1.000	1.000	1.000	2.000	0.500			0.500	

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					
001216	NS GRAIN CHIP & CRACKER ASST1G	1 EACH		1.000				1.000					
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		
001123	VSOFCABBAGE 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								
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	3.000	1.000	1.000	1.000	3.000			0.500	0.500	

# NutriStudents K-12 Menu Contribution Report

WEEK:1 DAY:5

SSO 9-12 7DAY MENU WEEK 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 -----	-----											
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			
000942	VSRF CARROT 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								
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	1.000	1.000	1.000	2.250		1.000			

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					
001601	NS GRAIN CEREAL 1G	1 EACH		1.000				1.000					
001464	----- SIDE -----	-----											
900263	NS DRESS RANCH	1 TBSP											
001217	----- VEGETABLES -----	-----											
000941	VSRF CARROT 1/2C = 1/2C	1/2 CUP				0.500				0.500			
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								
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	1.000	1.000	1.000	2.000	0.500	0.500			

# NutriStudents K-12

## Menu Contribution Report

WEEK:1 DAY:7

SSO 9-12 7DAY MENU WEEK 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 -----	-----											
001683	NS DELI TURKEY 2M	4 OZ	2.000										
001467	----- GRAIN -----	-----											
001703	NS GRAIN CROISSANT 2G	1 EACH		2.000				2.000					
001216	NS GRAIN CHIP & CRACKER ASST1G	1 EACH		1.000				1.000					
001464	----- SIDE -----	-----											
900263	NS DRESS RANCH	1 TBSP											
001217	----- VEGETABLES -----	-----											
000944	VSRF CARROT 1C = 1C	1 CUP				1.000				1.000			
000878	----- FRUIT -----	-----											
900013	FRUIT - ASSORTED 1/2 CUP	1/2 Cup Equivalent			0.500								
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	1.000	1.000	1.000	3.000		1.000			

## NutriStudents K-12 Weekly Certification Worksheet

SSO 9-12 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)	1	1	1	1	1	1	1	7	7	Yes		7	0	0.00%	Yes
Vegetables: Minimum (cups)	1	1	1	1	1	1	1	7	7	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	0.25	0	0	1	0.5	1	2.75	1.25	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	1	0.25	0.5	0.5	0	0	0	2.25	0.75	Yes					
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2	2	2	2	14	14	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2	2	2	2	14	17	Yes					
Grain: Minimum (oz eq)	2	3	2	3	2.25	2	3	17.25	14	Yes					
Grain: Maximum (oz eq)	2	3	2	3	2.25	2	3	17.25	17	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	17.25	Weekly Whole Grain Rich Total	17.25	% 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!