

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%