

NutriStudents K-12

SSO 9-12 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 C Romaine CUP *FRUIT: Assorted Fruit Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorte Whole Milk	*ENTREE: Greek Chicken *GRAIN: Whole Wheat Tort Assorted Cracker Chips 1G *SIDE: Ranch Dressing *VEGETABLES: Broccoli 3/4 CUP *OR: Broccoli 3/4 CUP Tomato 1/4 CUP *FRUIT: Assorted Fruit Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorte Whole Milk	*ENTREE: Egg Salad Wrap *GRAIN: Whole Wheat Tort *VEGETABLES: Corn CUP *FRUIT: Assorted Fruit Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorte Whole Milk	*ENTREE: Deli Ham *GRAIN: Sliced Bread 2 Ea Dinner Roll *SIDE: Mayo PC Ranch Dressing *VEGETABLES: Carrots 3/4 CUP Red Pepper 1/4 C *FRUIT: Assorted 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 Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorte Whole Milk	*ENTREE: Deli Chef Salad *GRAIN: Dinner Roll Dinner Roll Assorted Cracker Chips 1G *SIDE: Ranch Dressing *VEGETABLES: LCR Salad Mix C Romaine CUP *FRUIT: Assorted 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 CUP *FRUIT: Assorted Fruit Assorted Fruit *MILK: 1% Milk Assorted 2% Milk Skim Milk Assorte Whole Milk	Avg Nutrients Target Cals... 780 100% Chol... 107 mg Sodium. 1210 mg Fiber.. 14.1 g Carb 109.8g 56.3%Cal T.Fat 24.3g 28.0%Cal S.Fat 7.3g 8.4%Cal
Nutrients Target Cals... 818 100% Chol... 88 mg Sodium. 986 mg Fiber.. 25.1 g Carb 111.1g 54.3%Cal T.Fat 25.6g 28.2%Cal S.Fat 9.3g 10.2%Cal	Nutrients Target Cals... 711 95% Chol... 63 mg Sodium. 1100 mg Fiber.. 13.7 g Carb 110.1g 62.0%Cal T.Fat 16.1g 20.4%Cal S.Fat 5.6g 7.1%Cal	Nutrients Target Cals... 599 80% Chol... 209 mg Sodium. 609 mg Fiber.. 9.3 g Carb 91.5g 61.1%Cal T.Fat 18.7g 28.1%Cal S.Fat 6.0g 9.0%Cal	Nutrients Target Cals... 857 101% Chol... 94 mg Sodium. 2581 mg Fiber.. 12.4 g Carb 120.0g 56.0%Cal T.Fat 24.7g 25.9%Cal S.Fat 8.1g 8.5%Cal	Nutrients Target Cals... 844 100% Chol... 73 mg Sodium. 1387 mg Fiber.. 16.8 g Carb 123.6g 58.6%Cal T.Fat 21.7g 23.1%Cal S.Fat 5.1g 5.5%Cal	Nutrients Target Cals... 776 100% Chol... 204 mg Sodium. 1104 mg Fiber.. 10.7 g Carb 115.2g 59.4%Cal T.Fat 22.4g 26.0%Cal S.Fat 8.4g 9.8%Cal	Nutrients Target Cals... 854 100% Chol... 19 mg Sodium. 704 mg Fiber.. 10.5 g Carb 96.9g 45.4%Cal T.Fat 40.7g 42.9%Cal S.Fat 8.5g 8.9%Cal	

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Nutrients
		Average	Weekly Target	% of Target	Average	% of Calories	Weekly Target	
Calories		780	750-850	100%	Carbohyd	109.77 g	56.32%	
Cholesterol		107 mg			Tot. Fat	24.27 g	28.02%	
Sodium		1210 mg	1420		Sat. Fat	7.29 g	8.42%	<10.00%
Fiber		14.07 g						

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: -----								
001699	NS DELI CAESAR 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: -----								
001700	NS DRESS CAESAR	T: 1 TBSP								
001217	----- VEGETABLES -----	T: -----								
001133	VSOE SALAD LCR 1C = 1/2C VEGETABLE SUB OTHER	T: 1 CUP				1/2 1/2				
000928	VSDF ROMAINE 1C = 1/2C VEGETABLE SUB DARK GREE	T: 1 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: -----								
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: -----								
001693	NS DELI CHX DICE GREEK	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						
001464	----- SIDE -----	T: -----								
900263	NS DRESS RANCH	T: 1 TBSP								
001217	----- VEGETABLES -----	T: -----								
000909	VSDF BROCCOLI 3/4C = 3/4 VEGETABLE SUB DARK GREE OTHER	T: 3/4 CUP				3/4				
000497	----- OR -----	T: -----								
000923	VSDZ BROCCOLI 3/4C = 3/4 VEGETABLE SUB DARK GREE OTHER	T: 3/4 CUP				3/4				
000949	VSRF TOMATO 1/4C = 1/4C VEGETABLE SUB RED/ORANG	T: 1/4 CUP				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	MMA	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	T: -----								
001695	NS DELI EGG SALAD 2M	T: 1/2 CUP		2						
001467	----- GRAIN -----	T: -----								
000373	NS GRAIN TORTILLA 9" 2G	T: 1 EACH		2						
001217	----- VEGETABLES -----	T: -----								
000991	VSSZ CORN 1C = 1C	T: 1 CUP				1				
	VEGETABLE SUB									
	STARCHY					1/2				
	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: -----								
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: -----								
001682	NS DELI HAM 2M	T: 11 EACH		2						
001467	----- GRAIN -----	T: -----								
001418	NS GRAIN BREAD WG 2SLI	T: 2 EACH		2						
001255	NS GRAIN ROLL DINNER 1G	T: 1 EACH		1						
001464	----- SIDE -----	T: -----								
003345	NS CONDIMENT MAYO PC	T: 1 EACH								
900263	NS DRESS RANCH	T: 1 TBSP								
001217	----- VEGETABLES -----	T: -----								
000945	VSRF CARROT 3/4C = 3/4C VEGETABLE SUB RED/ORANG	T: 3/4 CUP				3/4				
000952	VSRF PEPPER RED 1/4C = 1 VEGETABLE SUB RED/ORANG	T: 1/4 CUP				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: -----								
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: -----								
001683	NS DELI TURKEY 2M	T: 4 OZ		2						
001467	----- GRAIN -----	T: -----								
001690	NS GRAIN BAGEL 2G	T: 1 EACH		2						
001697	NS GRAIN CHIP TORTILLA	T: 1 EACH		1						
001464	----- SIDE -----	T: -----								
003345	NS CONDIMENT MAYO PC	T: 1 EACH								
001217	----- VEGETABLES -----	T: -----								
001128	VSOFL LETTUCE 1C = 1/2C VEGETABLE SUB OTHER	T: 1 CUP				1/2				
001041	VSLC BEAN BLACK 1/2C = 1 VEGETABLE SUB 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: -----								
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	MMA	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	T: -----								
001689	NS DELI CHEF SALAD 2M	T: 1 EACH	2							
001467	----- GRAIN -----	T: -----								
001255	NS GRAIN ROLL DINNER 1G	T: 1 EACH T: 1 EACH		1 1						
001216	NS GRAIN CHIP & CRACKE	T: 1 EACH		1						
001464	----- SIDE -----	T: -----								
900263	NS DRESS RANCH	T: 1 TBSP								
001217	----- VEGETABLES -----	T: -----								
001133	VSOFF SALAD LCR 1C = 1/2C VEGETABLE SUB OTHER	T: 1 CUP				1/2 1/2				
000928	VSDF ROMAINE 1C = 1/2C VEGETABLE SUB DARK GREE	T: 1 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/M	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	T: -----								
001701	NS BUTTER PEANUT 2M	T: 1/4 CUP		2						
000497	----- OR -----	T: -----								
001702	NS BUTTER SUN 2M	T: 1/4 CUP		2						
001467	----- GRAIN -----	T: -----								
001418	NS GRAIN BREAD WG 2SLI	T: 2 EACH		2						
001464	----- SIDE -----	T: -----								
900263	NS DRESS RANCH	T: 1 TBSP								
001217	----- VEGETABLES -----	T: -----								
001157	VSOFCUCUMBER 1C = 1C	T: 1 CUP				1				
	VEGETABLE SUB									
	OTHER					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 2

WEEK:2 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 -----	-----											
001699	NS DELI CAESAR 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 -----	-----											
001700	NS DRESS CAESAR	1 TBSP											
001217	----- VEGETABLES -----	-----											
001133	VSOB SALAD LCR 1C = 1/2C	1 CUP				0.500						0.500	
000928	VSDP ROMAINE 1C = 1/2C	1 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						
Total			2.000	2.000	1.000	1.000	1.000	2.000	0.500			0.500	

WEEK:2 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 -----	-----											
001693	NS DELI CHX DICE GREEK 2M	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					
001464	----- SIDE -----	-----											
900263	NS DRESS RANCH	1 TBSP											
001217	----- VEGETABLES -----	-----											
000909	VSDP BROCCOLI 3/4C = 3/4C	3/4 CUP				0.750			0.500			0.250	
000497	----- OR -----	-----											
000923	VSDZ BROCCOLI 3/4C = 3/4C	3/4 CUP				0.750			0.500			0.250	
000949	VSRF TOMATO 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						
Total			2.000	3.000	1.000	1.000	1.000	3.000	0.500	0.250		0.250	

NutriStudents K-12 Menu Contribution Report

SSO 9-12 7DAY MENU WEEK 2

WEEK:2 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 -----	-----											
001695	NS DELI EGG SALAD 2M	1/2 CUP	2.000										
001467	----- GRAIN -----	-----											
000373	NS GRAIN TORTILLA 9" 2G	1 EACH		2.000				2.000					
001217	----- VEGETABLES -----	-----											
000991	VSSZ CORN 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 -----	-----											
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						
Total			2.000	2.000	1.000	1.000	1.000	2.000			0.500	0.500	

WEEK:2 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 -----	-----											
001682	NS DELI HAM 2M	11 EACH	2.000										
001467	----- GRAIN -----	-----											
001418	NS GRAIN BREAD WG 2SLICES 2G	2 EACH		2.000				2.000					
001255	NS GRAIN ROLL DINNER 1G	1 EACH		1.000				1.000					
001464	----- SIDE -----	-----											
003345	NS CONDIMENT MAYO PC	1 EACH											
900263	NS DRESS RANCH	1 TBSP											
001217	----- VEGETABLES -----	-----											
000945	VSRF CARROT 3/4C = 3/4C	3/4 CUP				0.750				0.750			
000952	VSRF PEPPER RED 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 -----	-----											
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						
Total			2.000	3.000	1.000	1.000	1.000	3.000		1.000			

NutriStudents K-12 Menu Contribution Report

SSO 9-12 7DAY MENU WEEK 2

WEEK:2 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 -----	-----											
001683	NS DELI TURKEY 2M	4 OZ	2.000										
001467	----- GRAIN -----	-----											
001690	NS GRAIN BAGEL 2G	1 EACH		2.000				2.000					
001697	NS GRAIN CHIP TORTILLA	1 EACH		1.000				1.000					
001464	----- SIDE -----	-----											
003345	NS CONDIMENT MAYO PC	1 EACH											
001217	----- VEGETABLES -----	-----											
001128	VSOFL LETTUCE 1C = 1/2C	1 CUP				0.500						0.500	
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 -----	-----											
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						
Total			2.000	3.000	1.000	1.000	1.000	3.000				0.500	0.500

WEEK:2 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 -----	-----											
001689	NS DELI CHEF 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					
001216	NS GRAIN CHIP & CRACKER ASST1G	1 EACH		1.000				1.000					
001464	----- SIDE -----	-----											
900263	NS DRESS RANCH	1 TBSP											
001217	----- VEGETABLES -----	-----											
001133	VSOFL SALAD LCR 1C = 1/2C	1 CUP				0.500						0.500	
000928	VSDF ROMAINE 1C = 1/2C	1 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						
Total			2.000	3.000	1.000	1.000	1.000	3.000	0.500			0.500	

NutriStudents K-12

Menu Contribution Report

WEEK:2 DAY:7

SSO 9-12 7DAY MENU WEEK 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 -----	-----											
001701	NS BUTTER PEANUT 2M	1/4 CUP	2.000										
000497	----- OR -----	-----											
001702	NS BUTTER SUN 2M	1/4 CUP	2.000										
001467	----- GRAIN -----	-----											
001418	NS GRAIN BREAD WG 2SLICES 2G	2 EACH		2.000				2.000					
001464	----- SIDE -----	-----											
900263	NS DRESS RANCH	1 TBSP											
001217	----- VEGETABLES -----	-----											
001157	VSOFCUCUMBER 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						
Total			4.000	2.000	1.000	1.000	1.000	2.000				1.000	

NutriStudents K-12 Weekly Certification Worksheet

SSO 9-12 7DAY MENU WEEK 2

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	0.5	0.5	0	0	0	0.5	0	1.5	0.5	Yes					
-Red/Orange	0	0.25	0	1	0	0	0	1.25	1.25	Yes					
-Legumes	0	0	0	0	0.5	0	0	0.5	0.5	Yes					
-Starchy	0	0	0.5	0	0	0	0	0.5	0.5	Yes					
-Other	0.5	0.25	0.5	0	0.5	0.5	1	3.25	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	3	3	2	18	14	Yes					
Grain: Maximum (oz eq)	2	3	2	3	3	3	2	18	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	18	Weekly Whole Grain Rich Total	18	% 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!