

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						