

Today's Lunch

INSERT DAY, DATE



Chicken Fajita Spaghetti

NutriStudents K-12

K-8 5DAY MENU WEEK 19

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																																																																															
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	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	626	600-650	100%	Carbohyd	84.25 g	53.82%	
Cholesterol	81 mg			Tot. Fat	18.62 g	26.77%	
Sodium	993 mg	1230		Sat. Fat	6.94 g	9.98%	<10.00%
Fiber	10.38 g						

NutriStudents K-12 Menu Contribution Report

K-8 5DAY WEEK 19

WEEK:19 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
001500	WEEK 19	-											
001299	----- ENTREE -----	-----											
001406	NS BEEF HAMBURGER COWBOY 2M	1 EACH	2.000										
001371	NS CHZ SHRED CHD .5ozwt 1/8C	1/8 CUP	0.500										
001467	----- GRAIN -----	-----											
003249	NS GRAIN BUN HAMBURGER 2G	1 EACH		2.000				2.000					
001464	----- SIDE -----	-----											
900269	NS DRESS RANCH GARLIC	1 TBSP											
001217	----- VEGETABLES -----	-----											
001134	VSOB SALAD LCR 1/2C = 1/4C	1/2 CUP				0.250						0.250	
001031	VSLC BEAN BAKE 1/2C = 1/2C	1/2 CUP				0.500							0.500
000878	----- FRUIT -----	-----											
001161	FRUIT APPLE 1EA = 1/2C	1 EACH			0.500								
000879	----- MILK -----	-----											
001300	NS MILK 1% ASSORTED	1 EACH					1.000						
003296	NS MILK SKIM ASSORTED	1 EACH					1.000						
Total			2.500	2.000	0.500	0.750	1.000	2.000				0.250	0.500

WEEK:19 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
001500	WEEK 19	-											
001299	----- ENTREE -----	-----											
001349	NS CHX FAJ MARINATED 1.5M	#10 SCOOP	1.500					1.000					
001467	----- GRAIN -----	-----											
000779	NS PASTA SPAGHETTI 1G	1/2 CUP		1.000				1.000					
001255	NS GRAIN ROLL DINNER 1G	1 EACH		1.000				1.000					
001464	----- SIDE -----	-----											
900264	NS DRESS RANCH BASIL	1 TBSP											
001217	----- VEGETABLES -----	-----											
000949	VSRF TOMATO 1/4C = 1/4C	1/4 CUP				0.250				0.250			
000928	VSDF ROMAINE 1C = 1/2C	1 CUP				0.500			0.500				
000878	----- FRUIT -----	-----											
001164	FRUIT BANANA 1EA = 1/2C	1 EACH			0.500								
000879	----- MILK -----	-----											
001300	NS MILK 1% ASSORTED	1 EACH					1.000						
003296	NS MILK SKIM ASSORTED	1 EACH					1.000						
Total			1.500	2.000	0.500	0.750	1.000	3.000	0.500	0.250			

NutriStudents K-12 Weekly Certification Worksheet

K-8 5DAY MENU WEEK 19

5 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)	0.5	0.5	0.5	0.5	0.5		2.5	2.5	Yes		2.5	0	0.00%	Yes
Vegetables: Minimum (cups)	0.75	0.75	0.75	0.75	0.75		3.75	3.75	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	0.5	0	0	0.5	1	0.5	Yes						
-Red/Orange	0	0.25	0	0.75	0	1	0.75	Yes						
-Legumes	0.5	0	0	0	0	0.5	0.5	Yes						
-Starchy	0	0	0.5	0	0	0.5	0.5	Yes						
-Other	0.25	0	0.25	0	0.25	0.75	0.5	Yes						
										3.75	0	0.00%	Yes	
Meat/Meat Alt: Minimum (oz eq)	2.5	1.5	2	1.5	1.5		9	9	Yes					
Meat/Meat Alt: Maximum (oz eq)	2.5	1.5	2	1.5	1.5		9	10	Yes					
Grain: Minimum (oz eq)	2	2	1	2	1		8	8	Yes					
Grain: Maximum (oz eq)	2	2	1	2	1		8	9	Yes					
Grain Based Dessert Total for all weekly meals							0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	8	Weekly Whole Grain Rich Total	9	% of Whole Grain Rich	113%		100% whole grain rich	Yes					
							Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check					
Milk: Minimum (cups)	1	1	1	1	1		5	5	Yes					
Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat(1% or less) unflavored	Yes	Yes	Yes	Yes	Yes									
Low-fat(1% or less), flavored														

**Cells with this background color signify Requirements not being met!

Recipe # : 812192

Student Count : 100

Chicken Fajita Spaghetti : NutriStudents K-12

Serving Size : 1/2 CUP & #10 SCOOP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
1349 779	MARINATED FAJITA CHICKEN SPAGHETTI NOODLES 1/2 CUP	31 & 3/4 CUP + 1 Tbsp + 2 Tsp 49 & 3/4 CUP + 1 Tbsp + 2 Tsp	<p>SUB RECIPES: 1349 – MARINATED FAJITA CHICKEN 779 – SPAGHETTI NOODLES 1/2 CUP</p> <ol style="list-style-type: none"> 1. COOK THE CHICKEN AS SHOWN IN RECIPE #1349. 2. COOK THE PASTAS AS SHOWN IN RECIPE #779. 3. ADD A #10 SCOOP OF CHICKEN TO THE ½ CUP OF PASTA. 4. SERVE EACH A 1/2 CUP & #10 SCOOP OF CHICKEN FAJITA SPAGHETTI.

Nutrients based on 1 Serving Size	
Calories	192 kcal
Total Fat	4.96 g
Sodium	590.48 mg
Carbs	20.95 mg

Components	
Meat/Alt:	1.5 oz. eq.
Grains:	1 oz. eq.
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # : 1349

Student Count : 100

Marinated Fajita Chicken : NutriStudents K-12

Serving Size : #10 SCOOP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S2	SELECT ONE BELOW		COOKING METHOD: STANDARD OVEN:4" DEEP FULL HOTEL PAN
904251	*CHICKEN FAJITA - TYSON - 6922-0928	12.5 LB	
904252	*CHICKEN FAJITA STRIP - USDA - USDA - 100117	17 LB	STEPS: 1.PLACE THAWED CHICKEN INTO THE PAN. 2.ADD SPICES, OIL & JUICE AND MIX WELL. 3.WRAP PAN WITH PLASTIC WRAP & TINFOIL.
903947	-----SAUCE-----		
S2	SELECT ONE BELOW		HACCP:KEEP COOLED BELOW 41° UNTIL READY TO COOK.
904031	*OIL SOYBEAN - CHEF'S PRIDE - 54107	1/4 CUP + 1 Tbsp	
904033	*OIL SOYBEAN - USDA - USDA - 100442	1/4 CUP + 1 Tbsp	TEMP: *IF USING A CONVECTION OVEN, DECREASE TEMP BY 25° to 50°*
S2	SELECT ONE BELOW		
904476	*JUICE LEMON - GENERIC --	2 & 1/2 CUP + 1 Tsp	4.PREHEAT OVEN TO 325°
904410	*JUICE LEMON - GENERIC --	2 & 1/2 CUP + 1 Tsp	
904109	PAPRIKA GROUND - GENERIC --	1/8 CUP + 1 Tsp	HEAT UNTIL ENTRÉE REACHES 165° OR ABOVE, HOLD ABOVE 135° UNTIL END OF SERVICE.
904113	LEMON PEPPER --	1/8 CUP + 1 Tsp	
904131	SALT KOSHER - GENERIC --	1/8 CUP + 1 Tsp	SERVICE: 5.SERVE EACH STUDENT A #10 SCOOP EACH.
			CREDITABLE PRODUCTS: PRODUCT#:TYSON 6922-0928 1.875 OZ EACH, CREDITS AS 1.5 MEAT/MEAT ALTERNATIVE PRODUCT#:USDA 100117 2.55 OZ EACH, CREDITS AS 1.5 MEAT/MEAT ALTERNATIVE

Nutrients based on 1 Serving Size	
Calories	97 kcal
Total Fat	4.68 g
Sodium	588.4 mg
Carbs	1.12 mg

Components	
Meat/Alt:	1.5 oz. eq.
Grains:	0
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # : 779

Student Count : 100

Spaghetti Noodles 1/2 CUP : NutriStudents K-12

Serving Size : 1/2 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S2	SELECT ONE BELOW		COOKING METHOD: STOVE TOP: STEPS: 1.BRING WATER TO A ROLLING BOIL. 2.FULLY SUBMERGE NOODLES IN WATER. 3.HEAT UNTIL THE NOODLES ARE AL DENTE. 4.DRAIN WATER & PLACE INTO PAN. 5.WRAP PAN WITH PLASTIC WRAP. SERVICE: 6.SERVE EACH STUDENT A 1/2 OF A CUP EACH. CREDITABLE PRODUCTS: PRODUCT# USDA 100427 1OZ, CREDITS AS 1 WHOLE GRAIN RICH EQUIVALENTS PRODUCT# ZERGA 8030-000 1 OZ, CREDITS AS 1 WHOLE GRAIN RICH EQUIVALENTS
904043	*NOODLE SPAGHETTI WHOLE WHEAT - USDA - USDA - 100427	6.25 LB	
904045	*NOODLE SPAGHETTI WHOLE WHEAT - ZERGA - 8030	6.25 LB	

Nutrients based on 1 Serving Size	
Calories	95 kcal
Total Fat	0.28 g
Sodium	2.08 mg
Carbs	19.83 mg

Components	
Meat/Alt:	0
Grains:	1 oz. eq.
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # : 1255

Student Count : 100

Dinner Roll : NutriStudents K-12

Serving Size : 1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
903996	DINNER ROLL - BAKER BOY - 31142	100 QTY	<p>COOKING METHOD: NO COOK</p> <p>SERVICE: 1.SERVE EACH STUDENT 1 EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT# BAKER BOY 31142 1 OZ, CREDITS AS 1 WHOLE GRAIN RICH EQUIVALENTS</p>

Nutrients based on 1 Serving Size	
Calories	100 kcal
Total Fat	2 g
Sodium	70 mg
Carbs	17 mg

Components	
Meat/Alt:	0
Grains:	1 oz. eq.
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # : 900264

Student Count : 100

Basil Butrmilk Ranch : NutriStudents K-12

Serving Size : 1 TBSP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S2	SELECT ONE BELOW		COOKING METHOD:
903940	*DRESSING RANCH FAT FREE - HIDDEN VALLEY - 85645-HVR	4 & 1/8 CUP + 1 Tsp	STEPS: 1.ADD DRESSING, WATER & SPICES AND MIX WELL. HACCP:KEEP COOLED BELOW 41° UNTIL READY TO COOK. SERVICE: 2.SERVE EACH STUDENT A TBSP EACH.
903943	*DRESSING RANCH LITE - HIDDEN VALLEY - 13449-HVR	4 & 1/8 CUP + 1 Tsp	
904308	WATER	2 CUP + 1 Tbsp	
904122	BASIL GROUND - GENERIC - -	1 Tbsp	
904115	GARLIC GRANULATED - GENERIC - -	1 Tsp	
904116	BLACK PEPPER GROUND - GENERIC - -	1 Tsp	

Nutrients based on 1 Serving Size	
Calories	13 kcal
Total Fat	0.58 g
Sodium	108.53 mg
Carbs	1.83 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # : 949

Student Count : 100

Fresh Tomato 1/4 CUP : NutriStudents K-12

Serving Size : 1/4 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S2	SELECT ONE BELOW		COOKING METHOD: NO COOK HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE. SERVICE: 1.SERVE EACH STUDENT A 1/4 OF A CUP EACH. CREDITABLE PRODUCTS: PRODUCT#:FRESH TOMATO 1/4 OF A CUP EACH, CREDITS AS 1/4 OF A CUP OF RED VEGETABLE SUBGROUP
904439	*TOMATO GRAPE FRESH - GENERIC - -	24 & 3/4 CUP + 1 Tbsp + 2 Tsp	
904438	*TOMATO ROMA FRESH - GENERIC - -	24 & 3/4 CUP + 1 Tbsp + 2 Tsp	

Nutrients based on 1 Serving Size	
Calories	14 kcal
Total Fat	0.9 g
Sodium	2.36 mg
Carbs	3.31 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0.25 cup eq.
Fruit:	0
Milk:	0

Recipe # : 928

Student Count : 100

Fresh Romaine CUP : NutriStudents K-12

Serving Size : CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S2	SELECT ONE BELOW		COOKING METHOD: NO COOK STEPS: 1.CHOP VEGETABLES INTO SMALLER UNITS. HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE. SERVICE: 2.SERVE EACH STUDENT 1 CUP EACH. CREDITABLE PRODUCTS: PRODUCT#:TAYLOR 14808 1 CUP EACH, CREDITS AS 1/2 OF A CUP OF DARK GREEN VEGETABLE SUBGROUP PRODUCT#:TAYLOR 1060003 1 CUP EACH, CREDITS AS 1/2 OF A CUP OF DARK GREEN VEGETABLE SUBGROUP
904275	*ROMAINE CHOPPED - GENERIC - -	100 CUP	
904276	*ROMAINE CHOPPED - GENERIC - -	100 CUP	

Nutrients based on 1 Serving Size	
Calories	7 kcal
Total Fat	0 g
Sodium	3.11 mg
Carbs	1.28 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0.5 cup eq.
Fruit:	0
Milk:	0

Recipe # : 1164

Student Count : 100

Fresh Banana : NutriStudents K-12

Serving Size : 1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
903959	BANANA 150 COUNT - GENERIC - -	100 QTY	<p>COOKING METHOD: NO COOK</p> <p>STEPS: HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE.</p> <p>SERVICE: 1.SERVE EACH STUDENT 1 EACH.</p> <p>CREDITABLE PRODUCTS: 1 EACH, CREDITS AS A ½ OF A CUP OF FRUIT</p>

Nutrients based on 1 Serving Size	
Calories	105 kcal
Total Fat	0 g
Sodium	1 mg
Carbs	27 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0
Fruit:	0.5 cup eq.
Milk:	0

Site:

Date:

Prepared By:

Breakfast

Lunch

Menu Item Description	Menu Item Identifier*	Age Group			Age Group			Age Group			Age Group			Totals			Temperatures	
		Portion Size	Contributing Amount	# of Servings	Portion Size	Contributing Amount	# of Servings	Portion Size	Contributing Amount	# of Servings	Portion Size	Contributing Amount	# of Servings	Planned Servings	Prepared Amount	Added or Leftovers	After Cooking	After Service
		Meat/Meat Alternates																
Grains																		
Vegetables																		
Fruits																		
Milk																		
Extras																		

*CN label number, brand name, manufacturer number, recipe number, etc.

DAILY FOOD PRODUCTION RECORD

^PreK, K-5, 6-8, K-8, 9-12, Adult

Additional Notes: