

April Primary 2018

WEEK 1	MON	TUES	WED	THU	FRI
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN					
VEG					
VEG					
VEG					
FRUIT					
FRUIT					
CONDIMENTS					
CONDIMENTS					
WEEK 2	MON 04/9	TUES 04/10	WED 04/11	THU 04/12	FRI 04/13
MEAT/MA	Sloppy Joe/Bun- 36g	Sausage Patty(1) - 1 g.	Cheese Pizza - 35 g.	Chicken Waffle Bites (9) -10 g.	Grilled Cheesewich-27g
MEAT/MA					
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.
MEAT/MA	Chef Salad-5g	Chef Salad-5g	Chef Salad-5g	Chef Salad-5g	Chef Salad-5g
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	
GRAIN		French Toast -29 g.			Dinner Roll -12g. (1 grain)
GRAIN	Sweet Potato Fries - 30 g.	Seasoned Potato Cubes-18 g.	Broccoli- 4g	Mashed Potatoes - 17 g	
VEG				Green Beans - 4 g.	Peas -9 g.
VEG	Raw Veggies-6 g. w/Blanch Dip -3 g.	Raw Veggies-6 g. w/Blanch Dip -3 g.	Raw Veggies-6 g. w/Blanch Dip -3 g.	Raw Veggies-6 g. w/Blanch Dip -3 g.	Raw Veggies-6 g. w/Blanch Dip -3 g.
VEG					
FRUIT	Pineapple Tidbits - 16 g.	Cinnamon Applesauce - 25 g.	Fresh Fruit	Peaches 1/2 c. - 1/ g.	Fresh Fruit Bowl
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Frozen Fruit Cup-18 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Syrup -31 g.		Gravy - 3g	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	bbq sauce, 11 g.				
		April Primary 2018			
WEEK 3	MON 04/16	TUES 04/17	WED 04/18	THU 04/19	FRI 04/20
MEAT/MA	Chicken Tenders(3)- 19 g.	Beef & Cheese Nachos -7 g.	Chicken Patty on Bun- 39 g.	Cheeseburger on WG Bun-29g.	Fish Fillet on WG Bun-39g.
MEAT/MA					
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.
MEAT/MA	Chef Salad-5g	Chef Salad-5g	Chef Salad-5g	Chef Salad-5g	Chef Salad-5g
MEAT/MA					
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)

GRAIN		Chips 19 g.			
GRAIN					
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
VEG	Green Beans - 4 g.	Corn-19 g.	Cheesy Broccoli-/g.	Sweet Potato Fries - 30 g.	Mixed Vegetables-12 g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Applesauce-25 g.
FRUIT	Peaches 1/2 c. - 17 g.	Mixed Fruit-18 g.	Strawberries	Pears - 20 g.	Fresh Fruit Bowl
CONDIMENTS	BBQ Sauce, 11 g.	Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3g.			
Week 4	MON 04/23	TUES 04/24	WED 04/25	THU 04/26	FRI 04/27
MEAT/MA	Chicken Waffle Bites (9)-10 g.	Taco Salad-5 g. w/	Cheese Pizza - 35 g.	Baked Chicken-19 g.	Cheese Rippers-31 g.
MEAT/MA		Shredded Romam -1 g.			
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.
MEAT/MA	Chef Salad-5g	Chef Salad-5g	Chef Salad-5g	Chef Salad-5g	Chef Salad-5g
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	
GRAIN		Chips 19 g.			Dinner Roll -12g. (1 grain)
GRAIN		Eatable Bowl -20 g.			
VEG	Sweet Potato Fries - 30 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
VEG		Refried Beans-23 g.	Broccoli- 4g	Mashed Potatoes - 17 g	Green Beans - 4 g.
VEG				Peas & Carrots-8 g.	
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Mixed Fruit-18 g.	Applesauce-25 g.	Frozen Fruit Cup-18 g.
FRUIT					
CONDIMENTS	BBQ Sauce, 11 g./Ketchup-3g.	Salsa-2 g.			
CONDIMENTS	Syrup-31g.	Sour Cream - 3g.			Marinara Sauce-3 g.
Week 5	MON 04/30	TUES	WED	THU	FRI
MEAT/MA	Chicken Patty on Bun- 39 g.				
MEAT/MA					
MEAT/MA	Cheese Sandwich 26 g.				
MEAT/MA	Chef Salad-5g				
GRAIN	Dinner Roll -12g. (1 grain)				
GRAIN					
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.				
VEG	Sweet Potato Fries - 30 g.				
FRUIT					
FRUIT	Fresh Fruit Bowl				
FRUIT	Peaches 1/2 c. - 17 g.				
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.				

CONDIMENTS					
					3/10/2018

All Serving Sizes of vegetables are 1/2 cup unless noted (* = 1/2 c serving, ~ = 3/4 c serving & ^ = 1 c serving) .

All Serving Sizes of Fruit are 1/2 cup. Servings of Grains are 1-2 oz. Condiments are 1-2 Tbsp. All meals include Fat-Free or Low-Fat Milk
 Unflavored Milk -13 g. Flavored Milk -20 g. Fresh Apple - 22 g. Fresh Orange - 21 g. Petite Banana - 18 g. Salad Dressing: Ranch - 7 g. French -9 g.

