

## April Primary II 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	Chicken Tender w/	Salisbury Steak w/Gravy -9g.	Pepperoni Pizza - 39 g.	3 Cheese Panini - 27 g.	Monterey Chicken Patty - 40 g.
MEAT/MA	Potato Wedges - 24g.				
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)	Dinner Roll -12g. (1 grain)
GRAIN					
GRAIN					
VEG		Mashed Potatoes -17 g.	Whole Kernel Corn - 17 g.	Broccoli - 2 g.	Diced Carrots - 9 g.
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					
FRUIT	Pineapple Tidbits - 16 g.	Cinnamon Applesauce - 25 g.	Fresh Fruit	Peaches 1/2 c. - 17 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.				Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	BBQ Sauce, 11 g.				
		<b>April Primary II 2018</b>			
WEEK 3	MON 04/16	TUES 04/17	WED 04/18	THU 04/19	FRI 04/20
MEAT/MA	Pizza Dippers -3 g.	Ranch Turkey Burger on WG Bun-29 g.	Crispy Chicken Tenders -16 g.	Rotini Bake -38 g.	Hot Dog w Potato Rounds - 28 g.
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					
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	Whole Kernel Corn- 17 g.	French Fries - 24 g.	Broccoli -2 g.	Green Beans - 2 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	Marinara Dipping Sauce - 9 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.		Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS			BBQ Sauce, 11 g.		
Week 4	MON 04/23	TUES 04/24	WED 04/25	THU 04/26	FRI 04/27
MEAT/MA	Pancakes & Sausage -30 g.	BBQ Chicken	Chicken Nuggets w/Potato Rounds-16.5 g.	Cheese Pizza- 39 g.	Taco Meat - 11 g.
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					Dinner Roll -12g. (1 grain)
GRAIN					Tortilla Shell - 15 g.
VEG	Fruitables Juice - 14 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		Chips -19 g.		Broccoli - 2 g.	Garden Vegetables - 12 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			Ketchup- 3 g. & Mustard- 0 g.		
CONDIMENTS	Syrup-31g.		BBQ Sauce, 11 g.		
Week 5	MON 04/30	TUES	WED	THU	FRI
MEAT/MA	Popcorn Chicken - 16 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	Whole Kernel Corn -17 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.





