

Intermediate August 2018

WEEK 1

MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN					
GRAIN					
GRAIN					
GRAIN					
VEG					
VEG					
VEG					
FRUIT					
FRUIT					
CONDIMENTS					
CONDIMENTS					

WEEK 2

MON 8/13

TUES 8/14

WED 8/15

THU 8/16

FRI 8/17

MEAT/MA				Cheesy Breadstick - 36 g.	Pizza BD - 43 g.
MEAT/MA					Managers Choice (see Mgr.)
MEAT/MA				Wrap - 30 g.	Sub -30 g.
MEAT/MA				Chef Salad-10g	Chef Salad-10g
MEAT/MA				Cheese Sandwich 26 g.	Cheese Sandwich 26 g.
GRAIN					
GRAIN					
GRAIN				Dinner Roll -12g(1 grain)	Dinner Roll -12g(1 grain)
GRAIN					
GRAIN					
VEG				Broccoli- 4g	Green Beans - 4 g.
VEG					
VEG				Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies w/ Ranch Dip
FRUIT				Applesauce-25 g.	Pears - 20 g.
FRUIT				Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					
CONDIMENTS				Marinara Sauce-3 g.	

CONDIMENTS					
------------	--	--	--	--	--

Intermediate August 2018

WEEK 3	MON 8/20	TUES8/21	WED 8/22	THU 8/23	FRI 8/24
MEAT/MA	Chicken Smackers- 20 gr.	Beef & Cheese Nachos -7 g.	French Bread Pizza - 33 g.	Chicken Patty w/Bun- 39 g.	Beacon Street Stuffed-32g
MEAT/MA					See Manager
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-10g	Wrap - 30 g.	Sub -30 g.	Chef Salad-10g	Chef Salad-10g
MEAT/MA	Sub -30 g.	Chef Salad-10g	Chef Salad-10g	Wrap - 30 g.	Sub -30 g.
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 (2) 38 g.			
GRAIN					
VEG	Corn 1/2 c-19 g.	Refried Beans -30g	Baby Carrots -11g. w/	Seasoned Potato Cubes-18 g.	Cooked Spinach-4g
VEG		Shredded Romain -1 g.	Ranch Dip 7 g.	Small Romaine Salad -5 g.	California Blend-5g
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.
FRUIT	Pears - 20 g.	Peaches 1/2 c. - 17 g.	Fresh Fruit	Peaches 1/2 c. - 17 g.	Pineapple Tidbits - 16 g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS	BBQ Sauce, 11 g.	Salsa-2 g.	Marinara Sauce-3 g.	BBQ Sauce, 11 g.	
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3 g.		Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
Week 4	MON 8/27	TUES 8/28	WED 8/29	THU 8/30	FRI 8/31
MEAT/MA	Chicken Nuggets -14 g	Soft Shell Taco -28 g	Double Cheeseburger-29g	Corn Dog - 30 g.	WG Cheese Rippers-28g.
MEAT/MA					See Manager
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-10g	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g
MEAT/MA	Sub -30 g.	Wrap - 30 g.	Sub -30 g.	Wrap - 30 g.	Sub -30 g.
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	Cheesy Broccoli-7g.	Corn 1/2 c-19 g.	Seasoned Potato Cubes-18 g.	Baked Beans 1/2 c-29 g.	Baby Carrots -11g. w/
VEG		Small Romaine Salad -5 g.			Ranch Dip 7 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.
FRUIT	Pears - 20 g.	Peaches 1/2 c. - 17 g.	Fresh Fruit	Mandarin Oranges 1/2 c-17 g	Frozen Fruit Cup-18 g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Mixed Fruit-18 g.	Applesauce-25 g.
FRUIT				Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS	BBQ Sauce, 11 g.	Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 g.		Marinara Sauce-3 g.
CONDIMENTS		Sour Cream - 3g.			

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.

