

Intermediate August 2016

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 8/15	TUES 8/16	WED 8/17	THU 8/18	FRI 8/19
MEAT/MA			Calzone - 35 g.	Asian chicken Stir Fry 44g	Pizza BD - 43 g.
MEAT/MA			Bratwurst on Bun -27 g.	Grilled Cheese -31 g.	Corn Dog - 30 g.
MEAT/MA			Sub -30 g.	Wrap - 30 g.	Sub -30 g.
MEAT/MA			Chef Salad-10g	Chef Salad-10g	Chef Salad-10g
MEAT/MA			Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.
GRAIN					
GRAIN					
GRAIN			Dinner Roll -12g. (1 grain)	Dinner Roll -12g(1 grain)	Dinner Roll -12g(1 grain)
GRAIN				Brown Rice -1/2 c-23 g.	
GRAIN					
VEG			Corn 1/2 c-19 g.	Green Beans - 4 g.	Cooked Carrots-8 g.
VEG			Baked Beans 1/2 c-29 g.		Small Romaine Salad -5 g.
VEG			Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies w/ Ranch Dip
FRUIT			Peaches 1/2 c. - 17 g.	Mandarin Oranges 1/2 c-17 g	Frozen Fruit Cup-18 g.
FRUIT			Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					Mixed Fruit-18 g.
CONDIMENTS			Ketchup- 3 g. & Mustard- 0 g.		Ketchup- 3 g. & Mustard- 0 g.

CONDIMENTS			Marinara Sauce-3 g.		BBQ Sauce, 11 g.
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WEEK 3	MON 8/22	TUES8/23	WED 8/24	THU 8/25	FRI 8/26
MEAT/MA	Chicken Tenders(4)- 19 g.	Taco Salad-5 g. w/	Penne w/Alfredo Sauce	Chicken Smackers- 20 gr.	Bacon Cheeseburger -29 g.
MEAT/MA	Pork Chop Sandwich -42 g.	Shredded Romain -1 g.	w/Ham- 35 g.	Bosco Stick (2) - 42 g.	See Manager
MEAT/MA	Cheese Sandwich 26 g.	Chicken Sandwich - 39 g.	Hot Dog on Bun - 28 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.
MEAT/MA	Chef Salad-10g	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Chef Salad-10g	Chef Salad-10g
MEAT/MA	Sub -30 g.	Wrap - 30 g.	Sub -30 g.	Wrap - 30 g.	Sub -30 g.
MEAT/MA		Chef Salad-10g	Chef Salad-10g		
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.	Garlic Bread (1) - 11 g.		
GRAIN	WG Hamburger Bun- 26 g.	Eatable Bowl -20 g.			
VEG	Sweet Potato Fries - 30 g.	Black Bean Fiesta - 34 g.	Corn 1/2 c-19 g.	Seasoned Potato Cubes-18 g.	Conquest Fries - 21 g.
VEG	California Blend -3 g.		Cheesy Broccoli -7 g.	Small Romaine Salad -5 g.	Baby Carrots -11g. w/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	Pineapple Tidbits - 16 g.	Mixed Fruit-18 g.	Pears - 20 g.	Peaches 1/2 c. - 17 g.	Mixed Fruit-18 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.		BBQ Sauce, 11 g.	BBQ Sauce, 11 g./Mayo-2g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3 g.	Ketchup- 3 g. & Mustard- 0 g.	Marinara Sauce-3 g.	Ketchup- 3 g. & Mustard- 0 g.
Week 4	MON 8/29	TUES 8/30	WED 8/31	THU 9/1	FRI 9/2
MEAT/MA	Chicken Smackers- 20 gr.	Beef & Cheese Nachos -7 g.	French Bread Pizza - 33 g.	Ling's Orange Chicken -19 g.	Chicken Chipoltie Gordita-35 g
MEAT/MA	Philly Cheese Sandwich - 31 g.	BBq Rib on Bun - 32 g.	Sloppy Joe on Bun -36 g.	Fish Sandwich - 39 g.	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		Chips (2) 38 g.		Fried Rice -27 g.	
GRAIN					
GRAIN					
VEG	Maple Roast Sweet Potato - 35 g.	Black Bean Fiesta - 34 g.	Prince Edward - 3 g.	Green Beans - 4 g.	Baby Carrots -11g. w/
VEG	Cheesy Broccoli -7 g.	Small Romaine Salad -5 g.	Cauliflower -	California Blend -3 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.	Mixed Fruit-18 g.	Pineapple Tidbits - 16 g.	Mandarin Oranges 1/2 c-17 g	Frozen Fruit Cup-18 g.
FRUIT	Cantaloupe Chunks - 13 g.	Fresh Fruit Bowl	Fresh Fruit Bowl	100% Fruit Juice 21 g.	Peaches 1/2 c. - 17 g.
FRUIT		BBQ Sauce, 11 g.		Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS	BBQ Sauce, 11 g.	Salsa-2 g.	Marinara Sauce-3 g.	Syrup -31 g.	Salsa-2 g.

CONDIMENTS	Mayo -2 g.	Sour Cream - 3g.			Sour Cream - 3g.
	Dark Green	Starchy	Red/Orange	Legumes	8/11/2016

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. Petie Banana - 18 g. Salad Dressing: Ranch - 7 g. French -9 g.

