

Primary 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			Lunch Bunch(Turkey Ham	Mini Corn Dog -31 g.	Chicken Smackers- 20 gr.
MEAT/MA			cheese/cracker/choc chip		
MEAT/MA			grahams)- 40 g.		
MEAT/MA			Chef Salad-5g	Chef Salad-5g	Chef Salad-5g
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					
GRAIN					
VEG			Baby Carrots -11g.	Baked Beans 1/2 c-29 g.	Corn 1/2 c-19 g.
VEG					
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			100% Fruit Juice 21 g.	Mandarin Oranges 1/2 c-17	Frozen Fruit Cup-18 g.
FRUIT			Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS			Ranch Dip 7 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS					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	Cheeseburger- 29 g.	Taco Salad-5 g. w/	Cheese Pizza - 35 g.	Chicken Nuggets -14 g	BBq Rib on Bun - 32 g.
MEAT/MA		Shredded Romain -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
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	WG Hamburger Bun- 26 g.	Eatable Bowl -20 g.			
VEG	Seasoned Potato Cubes-18 g.	Refried Beans-23 g.	Green Beans - 4 g.	Cheesy Broccoli -7 g.	Sweet Potato Fries - 30 g.
VEG					
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	Peaches 1/2 c. - 17 g.	Mixed Fruit-18 g.	Pears - 20 g.	Rosy Applesauce - 25g.	Mixed Fruit-18 g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS		Salsa-2 g.		BBQ Sauce, 11 g.	BBQ Sauce, 11 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3g.		Ketchup- 3 g.	Ketchup- 3 g.
Week 4	MON 8/29	TUES 8/30	WED 8/31	THU 9/1	FRI 9/2
MEAT/MA	Chicken Patty- 39 g.	Burrito - 39 g. w/	Cheesy Breadstick - 36 g.	Sausage Patty(1) - 1 g.	Cold Sandwich Wedge- 28 g.
MEAT/MA		Shredded Romain -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
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				French Toast -29 g.	Sun Chips - 18 g.
GRAIN					
GRAIN					
GRAIN					
VEG	Corn 1/2 c-19 g.	Refried Beans-23 g.	Prince Edward - 3 g.	Seasoned Potato Cubes-18 g.	Baby Carrots -11g. w/
VEG			Romaine Lettuce - 1 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	Peaches 1/2 c. - 17 g.	Fresh Fruit Bowl	Pears - 20 g.	Cinnamon Applesauce - 25 g.	Frozen Fruit Cup-18 g.
FRUIT				100% Fruit Juice 21 g.	
FRUIT		Fresh Melon Chunks	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.	Marinara Sauce-3 g.	Syrup -31 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	Mayo -2 g.	Sour Cream - 3g.			Mayo -2 g.
	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. Petite Banana - 18 g. Salad Dressing: Ranch - 7 g. French -9 g.

