

Intermediate December 2017

WEEK 1	MON	TUES	WED	THU	FRI 12/1
MEAT/MA					Bosco Stick (1) -21 g. w/Chili 4oz.-15g.
MEAT/MA					See Manager
MEAT/MA					Cheese Sandwich 26 g.
MEAT/MA					Chef Salad-10g
MEAT/MA					Sub -30 g.
GRAIN					Dinner Roll -12g. (1 grain)
GRAIN					
GRAIN					
VEG					Broccoli- 4g
VEG					
VEG					Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT					Rosy Applesauce- 26g
FRUIT					Fresh Fruit Bowl
CONDIMENTS					Marinara Sauce-3 g.
CONDIMENTS					
WEEK 2	MON 12/4	TUES 12/5	WED 12/6	THU 12/7	FRI 12/8
MEAT/MA	Chicken Patty on Bun-39 g.	Smothered Burrito-42g	Chicken Penne Alfredo -29 g.	*Hawaiian Pork w/Lo-Mein-38g.	Calzone - 35 g.
MEAT/MA	Hot Dog on Bun - 28 g.	Chicken Philly Sand- 28g	Grilled Cheesewich-27g	Fish Sticks-23g.	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)			
GRAIN			Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN					
GRAIN		Corn 1/2 c-19 g.			
VEG	Cooked Carrots-8 g.	Refried Beans -30g	Asparagus-3g.	Broccoli- 4g	Green Beans - 4 g.
VEG		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-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.	Pears - 20 g.	Peaches 1/2 c. - 17 g.	Mandarin Oranges 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
FRUIT					Frozen Fruit Cup-18 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Mayo-2g.			
CONDIMENTS	BBQ Sauce, 11 g./Mayo-2g.	Salsa/-2gSour Cream - 3g.			

WEEK 3	Intermediate December 2017				
	MON 12/11	TUES 12/12	WED 12/13	THU 12/14	FRI 12/15
MEAT/MA	Chicken Tenders - 4=19g	Taco Salad-5 g.	Pizza BD - 43 g.	Baked Chicken-19 g.	American Cheese Steak on WG Roll-62 g.
MEAT/MA	Sloppy Joe on Bun -36 g.	*Pork Chop Sandwich -42 g.	BBQ Rib on Bun - 32 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)
GRAIN	Dinner Roll -12g. (1 grain)	Chips (1) 38 g.			
GRAIN					
VEG	Sweet Potato Fries - 30 g.	Black Bean Fiesta - 34 g.	Small Romaine Salad -5 g.	Mashed Potatoes -15g	Prince Edward - 3 g.
VEG		Romaine -5 g.	Broccoli- 4g	Green Beans - 4 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.	Applesauce-25 g.	Peaches 1/2 c. - 17 g.
FRUIT				Pretzel	Juice -21 g/Grape Juice 28g
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS	BBQ Sauce, 11 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	Gravy - 3g	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2g/Sour Cream - 3g.	Mayo -2 g.		
Week 4	MON 12/18	TUES 12/19	WED 12/20	THU 12/21	FRI 12/22
MEAT/MA	Meatball Sub- 38g	Chicken Fiesta Sticks-40 g.	Spaghetti w/Meat Sauce-23g.	Beacon Street Sandwiches-32g.	
MEAT/MA	Chicken Nuggets -14 g	Fish Taco-49g.	Chicken Patty on Bun-39 g.	See Manager	
MEAT/MA	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	
MEAT/MA	Sub -30 g.	Wrap - 30 g.	Sub -30 g.	Wrap - 30 g.	
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	
GRAIN			Garlic Toast -11 g.		
GRAIN					
VEG	Baked Beans 1/2 c-29 g.	Corn 1/2 c-19 g.	Broccoli- 4g	California Blend-5g	
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.	
FRUIT	Applesauce-25 g.	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	Mandarin Oranges 1/2 c-17 g	
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	
FRUIT					
CONDIMENTS	BBQ Sauce, 11 g.	Boom Boom Sauce-11g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa/-2gSour Cream - 3g.	Mayo -2 g.	Mayo -2 g.	

	MON	TUES	WED	THU	FRI
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN					
VEG					
VEG					
VEG					
FRUIT					
FRUIT					
CONDIMENTS					
CONDIMENTS					
	Dark Green	Starchy	Red/Orange	Legumes	10/27/2017

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.

