

## December Primary 2017

WEEK 1	MON	TUES	WED	THU	FRI 12/1
MEAT/MA					Mini Corn Dog -31 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					Green Beans - 4 g.
VEG					
FRUIT					Fresh Fruit Bowl
FRUIT					Mixed Fruit-18 g.
CONDIMENTS					Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS					
WEEK 2	MON 12/4	TUES 12/5	WED 12/6	THU 12/7	FRI 12/8
MEAT/MA	Chicken Tenders(3)- 19 g.	Taco Salad-5 g. w/	Cheese Pizza - 35 g.	Cheeseburger- 29 g.	Fish Sticks-19g.
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
GRAIN		Chips (1) 19 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					
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	Baked Beans 1/2 c-29 g.	Corn 1/2 c-19 g.	Cooked Carrots-8 g.	French Fries-24 g.	Cheesy Broccoli-7g.
VEG					
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT	Pineapple Tidbits - 16 g.	Pears - 20 g.	Fresh Apple Slices-22g	Mandarin Oranges 1/2 c-17 g	Frozen Fruit Cup-18 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.			Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	BBQ Sauce, 11 g.	Sour Cream - 5g.		ketchup- 3 g. & mustard- 0 g.	

## December Primary 2017

WEEK 3	MON 12/11	TUES 12/12	WED 12/13	THU 12/14	FRI 12/15
MEAT/MA	Chicken Nuggets -14 g	Burrito - 39 g.	Sloppy Joe/Bun- 36g	Baked Chicken-19 g.	Hot Dog on Bun - 28 g.
MEAT/MA		Romaine Lettuce-5g.			
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.	Green Beans - 4 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
VEG	Sweet Potato Fries - 30 g.	Corn 1/2 c-19 g.	Broccoli- 4g	Raw Veggies-6 g. w/Ranch Dip -3 g.	Baked Beans 1/2 c-29 g.
VEG				Mashed Potatoes -15g	Celery Sticks w/Dip- 7 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.	Fresh Fruit	Rosy Applesauce- 26g	Frozen Fruit Cup-18 g.
CONDIMENTS	BBQ Sauce, 11 g.	Salsa-2 g.		Holiday Pretzel	
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3g.		Gravy - 3g	
Week 4	<b>MON 12/18</b>	<b>TUES 12/19</b>	<b>WED 12/20</b>	<b>THU 12/21</b>	<b>FRI 12/22</b>
MEAT/MA	Fish Fillet on WG Bun-39g.	Beef & Cheese Nachos -7 g.	Mozzarella Sticks-31 g.	Chicken Patty on Bun- 39 g.	
MEAT/MA		Shredded Romaine -1 g.			
MEAT/MA	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	
MEAT/MA					
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	
GRAIN		Chips (1) 19 g.			
GRAIN					
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Green Beans - 4 g.	Broccoli- 4g	
VEG	Baked Beans 1/2 c-29 g.	Corn 1/2 c-19 g.	Small Romaine Salad -5 g.		
VEG			W/Cucumber-2g.		
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	
FRUIT	Pineapple Tidbits - 16 g.	Applesauce-25 g.	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	
FRUIT					
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.	Marinara Sauce-3 g.		
CONDIMENTS		Sour Cream - 3g.			
Week 5	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN					
VEG					
VEG					
VEG					
FRUIT					

FRUIT					
FRUIT					
CONDIMENTS					
CONDIMENTS					
					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.





