

## December 2018 Menu Elementary II

### WEEK 1

|            |                                    |                                      |                                    |                                    |                                    |
|------------|------------------------------------|--------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| MEAT/MA    | Pizza Dippers-30g.                 | Chicken Tenders w/Potato Wedges-24g. | Bean & Cheese Burrito-10g.         | PopCorn Chicken-16g.               | Salisbury Steak w/Mashed           |
| MEAT/MA    |                                    |                                      |                                    |                                    | Potatoes-24g.                      |
| 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      |                                    |                                      |                                    |                                    |                                    |
| 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        | Green Beans -6 g.                  |                                      | Whole Kernel Corn-17g.             | Mixed Vegetables-20g.              |                                    |
| VEG        |                                    |                                      |                                    |                                    |                                    |
| 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.                        | Applesauce-25g.                    | Mandarin Oranges 1/2 c-17 g        | Mixed Fruit-18 g.                  |
| CONDIMENTS | Marinara Dipping Sauce-9g.         | BBQ Sauce, 11 g.                     | Salsa-2 g.                         | BBQ Sauce, 11 g.                   | Ketchup- 3 g. & Mustard- 0 g.      |
| CONDIMENTS |                                    |                                      | Sour Cream - 3g.                   | Ketchup- 3 g.                      |                                    |

### WEEK 2

|            |                                    |                                    |                                    |                                    |                                    |
|------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| MEAT/MA    | Chili-24g.                         | WG Cheese Pizza-34g.               | Hamburger on wg Bun-28g.           | Chicken Alfredo Pasta-31g.         | WG Bagel Dog-33g.                  |
| MEAT/MA    |                                    |                                    |                                    |                                    |                                    |
| 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      | Dinner Roll -12g. (1 grain)        | Dinner Roll -12g. (1 grain)        | Dinner Roll -12g. (1 grain)        | Garlic Bread-11g.                  | Dinner Roll -12g. (1 grain)        |
| GRAIN      | Chips-19g.                         |                                    |                                    |                                    |                                    |
| 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        | Mixed Vegetables-12g.              | Green Beans -6 g.                  | Whole Kernel Corn-17g.             |                                    | Baked Beans-34g.                   |
| 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.                      | Orange Smiles-21 g.                | Baked Apples-28g.                  | Mixed Fruit-18 g.                  |
| CONDIMENTS |                                    |                                    | Ketchup- 3 g. & Mustard- 0 g.      |                                    |                                    |
| CONDIMENTS |                                    |                                    |                                    |                                    |                                    |

## December 2018 Elementary Menu II

### WEEK 3

|         |                                  |                             |                                     |                             |  |
|---------|----------------------------------|-----------------------------|-------------------------------------|-----------------------------|--|
| MEAT/MA | WG Penne Pasta w/Meat Sauce-38g. | Chicken Taco-7g.            | Crispy Chicken Patty on WG Bun-35g. | WG Pizza-34g.               |  |
| MEAT/MA |                                  |                             |                                     |                             |  |
| 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) |  |

|            |                                    |                                    |                                    |                                    |            |
|------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------|
| GRAIN      | Garlic Toast -11 g.                | Chips-19g.                         |                                    |                                    |            |
| 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. |            |
| VEG        | Green Beans -6 g.                  | Whole Kernel Corn-17g.             | Baked Beans-34g.                   | Broccoli -4 g.                     |            |
| VEG        |                                    |                                    |                                    |                                    |            |
| FRUIT      | Fresh Fruit Bowl                   | Fresh Fruit Bowl                   | Fresh Fruit Bowl                   | Fresh Fruit Bowl                   |            |
| FRUIT      | Mixed Fruit-18 g.                  | Peaches 1/2 c. - 17 g.             | Pears - 20 g.                      | Applesauce-25g.                    |            |
| CONDIMENTS |                                    | Salsa-2 g.                         | Ketchup- 3 g. & Mustard- 0 g.      |                                    |            |
| CONDIMENTS |                                    | Sour Cream - 3g.                   |                                    |                                    |            |
| Week 4     |                                    |                                    |                                    |                                    |            |
| MEAT/MA    |                                    |                                    |                                    |                                    |            |
| MEAT/MA    |                                    |                                    |                                    |                                    |            |
| MEAT/MA    |                                    |                                    |                                    |                                    |            |
| MEAT/MA    |                                    |                                    |                                    |                                    |            |
| MEAT/MA    |                                    |                                    |                                    |                                    |            |
| GRAIN      |                                    |                                    |                                    |                                    |            |
| GRAIN      |                                    |                                    |                                    |                                    |            |
| VEG        |                                    |                                    |                                    |                                    |            |
| VEG        |                                    |                                    |                                    |                                    |            |
| VEG        |                                    |                                    |                                    |                                    |            |
| FRUIT      |                                    |                                    |                                    |                                    |            |
| FRUIT      |                                    |                                    |                                    |                                    |            |
| FRUIT      |                                    |                                    |                                    |                                    |            |
| CONDIMENTS |                                    |                                    |                                    |                                    |            |
| CONDIMENTS |                                    |                                    |                                    |                                    |            |
|            |                                    |                                    |                                    |                                    | 11/22/2018 |

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.



