

Intermediate December 2016

WEEK 1	MON 11/28	TUES 11/29	WED 11/30	THUR 12/1	FRI 12/2
MEAT/MA	Chicken Tenders - 4=19g	Smothered Burrito-42g	Chicken Penne Alfredo -29 g.	Chicken Smackers- 20 gr.	Stuff Cheese Sandwich-34 g.
MEAT/MA	Pork Chop Sand- 42g	Fish Taco-49g.	Hot Dog on Bun - 28 g.	Pulled Pork Sandwich- 39g	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			Garlic Toast -11 g.		
VEG	California Blend-5g	Refried Beans -30g	Broccoli- 4g	Small Romaine Salad -5 g.	
VEG	Sweet Potato Fries - 30 g.	Small Romaine Salad -5 g.	Corn 1/2 c-19 g.	with Grape Tomatoes	Mixed Vegetables-9g
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.	Prince Edward - 3 g.	Mandarin Oranges-17g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Applesauce 1/2c -14g	Fresh Fruit Bowl
CONDIMENTS				Fresh Fruit Bowl	Juice-21g Grape=28g
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3 g.		Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS	BBQ Sauce, 11 g.	Salsa-2 g./Boom Boom Sauce-11g.	Ketchup- 3 g. & Mustard- 0 g.	BBQ Sauce, 11 g.	Marinara Sauce-3 g.
WEEK 2	MON 12/5	TUES 12/6	WED 12/7	THUR 12/8	FRI 12/9
MEAT/MA	Chicken Patty on Bun-39 g.	Taco Salad w/Fritos-39 g.	Lings Chicken-23g	Meatball Sub- 38g	Grilled Cheesewich-27g
MEAT/MA	Philly Cheese Sandwich - 31 g.	BBQ Rib on Bun - 32 g.	Fish Sandwich- 42g	Corn Dog - 30 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.	Sub -30 g.	Sub -30 g.	Sub -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			Brown Rice -1/2 c-28 g.		
GRAIN					
GRAIN					
VEG	Broccoli- 4g	Black Bean Fiesta - 34 g.	Cooked Carrots-8 g.	Sweet Potato Fries - 30 g.	Mixed Vegetables-9g
VEG		Shredded Romain -1 g.		Green Beans - 4 g.	Cooked Spinach-4g
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	Rosy Applesauce- 26g	Pears - 20 g.	Mandarin Oranges 1/2 c-17 g	Peaches 1/2 c. - 17 g.	Pineapple Tidbits - 16 g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.			Juice-21g Grape=28g
CONDIMENTS	BBQ Sauce, 11 g.	Sour Cream - 3g.		Ketchup- 3 g. & Mustard- 0 g.	

WEEK 3	Intermediate December 2016				
	MON 12/12	TUES 12/13	WED 12/14	THUR 12/15	FRI 12/16
MEAT/MA	Double Cheeseburger-29g	Chicken Enchilada-36g	Chicken Waffle Bites-10 g.	Spaghetti w/Meat Sauce-23g.	Bosco Stick (1) -21 g. w/Chili 4oz.-15g.
MEAT/MA	Chicken Sandwich - 39 g.	Sloppy Joe/Bun- 36g	Bratwurst- 27g	Gyro w/Cucumber Sauce-31g	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.	Sub -30 g.	Sub -30 g.	Sub -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				Garlic Toast -11 g.	
GRAIN				Small Romaine Salad -5 g.	Cooked Carrots-8 g.
VEG	Sweet Potato Fries - 30 g.	Refried Beans -30g	Tater Tringles-22g.	with Grape Tomatoes	
VEG	Baked Beans -29g	Shredded Romain -1 g.	Cheesy Broccoli-7g.	California Blend-5g	
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	Apple sauce-25 g.	Pears - 20 g.	Mandarin Oranges 1/2 c-17 g	Peaches 1/2 c. - 17 g.	Pineapple Tidbits - 16 g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 g.		Juice-21g Grape=28g
CONDIMENTS	BBQ Sauce, 11 g.	Sour Cream - 3g.	BBQ Sauce, 11 g.		Marinara Sauce-3 g.
Week 4	MON 12/19	TUES 12/20	WED 12/21	THUR 12/22	FRI 12/23
MEAT/MA	BD Cheese Pizza-36g	Beef & Cheese Nachos -7 g.	Baked Chicken-19 g.	Turkey Burger 28 g.	Calzone - 35 g.
MEAT/MA	Chicken Philly Sand- 28g	Fish Sticks-23 g.		Ham & Cheese Stuffe-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.	Sub -30 g.	Sub -30 g.	Sub -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 (1) 19 g.			
GRAIN					
GRAIN					
VEG	Green Beans - 4 g.	Small Romaine Salad -5 g.	Mashed Potatoes -15g	Small Romaine Salad -5 g.	Maple Roasted S Potatoes- 20g.
VEG		Black Bean Fiesta - 34 g.	California Blend-5g	Corn 1/2 c-19 g.	Normandy Blend-3g.
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	Apple sauce-25 g.	Pears - 20 g.	Mandarin Oranges 1/2 c-17 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
FRUIT			Special Treat-10 g.		
CONDIMENTS		Salsa-2 g.	Gravy - 3g	Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS		Sour Cream - 3g.			

Week 5					
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN					
GRAIN					
GRAIN					
VEG					
VEG					
VEG					
FRUIT					
FRUIT					
FRUIT					
CONDIMENTS					
CONDIMENTS					
	Dark Green	Starchy	Red/Orange	Legumes	11/1/2016

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.

