

## Primary December 2016

WEEK 1	MON 11/28	TUES 11/29	WED 11/30	THUR 12/1	FRI 12/2
MEAT/MA	Chicken Tenders(3)- 19 g.	Burrito - 39 g. w/	Pizza -34 g	Ling's Orange Chicken -19 g.	Hot Dog on Bun - 28 g.
MEAT/MA		Shredded Romain -1 g.			
MEAT/MA					
MEAT/MA	Chef Salad-5g	Chef Salad-5g	Cheese Sandwich 26 g.	Chef Salad-5g	Chef Salad-5g
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Chef Salad-5g	Cheese Sandwich 26 g.	Cheese Sandwich 26 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				Rice -27 g.	
VEG	Mashed Potatoes - 17 g		Fresh Broccoli Florets -3 g &		
VEG	Green Beans - 4 g.	Black Bean Fiesta - 34 g.	Fresh Cauliflower Florets -2	Peas & Carrots-9	Baked Beans 1/2 c-29 g.
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	w/Dip-7 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT	Cinnamon Applesauce - 25 g.		Raw Veggies-6 g. w/Ranch Dip -3 g.		Frozen Fruit Cup-18 g.
FRUIT	Fresh Fruit Bowl	Mixed Fruit-18 g.	Pears - 20 g.	Mandarin Oranges 1/2 c-17 g	Fresh Fruit Bowl
CONDIMENTS	Gravy - 3 g. Ketchup- 3 g.	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	
CONDIMENTS	BBQ Sauce, 11 g.	Salsa-2 g.			Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS		Sour Cream - 3g.			
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.	Soft Shell Taco -28 g	Beef Fingers-19 g.	Pizza -34 g	Mac & Cheese -23 g.
MEAT/MA		w/Shredded Romaine			
MEAT/MA					
MEAT/MA	Chef Salad-5g	Chef Salad-5g	Chef Salad-5g	Chef Salad-5g	Chef Salad-5g
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 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					
GRAIN					
GRAIN					
VEG	Green Beans - 4 g.	Refried Beans-23 g.	Mashed Potatoes - 17 g	Fresh Broccoli Florets -3 g &	Peas -9 g.
VEG	Sweet Potato Fries - 30 g.		Corn 1/2 c-19 g.	Fresh Cauliflower Florets -2	
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.	w/Dip-7 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	Applesauce 1/2c -14g	Pears - 20 g.	Frozen Fruit Cup-18 g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS		Salsa-2 g.	Gravy - 3 g. Ketchup- 3 g.		
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3g.			

WEEK 3	Primary December 2016				
	MON 12/12	TUES 12/13	WED 12/14	THUR 12/15	FRI 12/16
MEAT/MA	Mini Corn Dog -31 g.	Beef & Cheese Nachos -7 g.	Chicken Nuggets -14 g	Spaghetti w/Meat Sauce-23g.	Cheesy Breadstick - 36 g.
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
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 (1) 19 g.		Garlic Toast -11 g.	
GRAIN					
VEG	Baked Beans 1/2 c-29 g.	Black Bean Fiesta - 34 g.	Cheesy Broccoli -7 g.	Green Beans - 4 g.	Cooked Carrots-8 g.
VEG	Sweet Potato Fries - 30 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Small Romaine Salad -5 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.			Raw Veggies-6 g. w/Ranch Dip -3 g.	
VEG					
FRUIT	Peaches 1/2 c. - 17 g.	Oranges & Kiwi-14 g.	Pineapple Tidbits - 16 g.	Pears - 20 g.	Applesauce 1/2c -14g
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS		Salsa-2 g.	BBQ Sauce, 11 g.		
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3g.			Marinara Sauce-3 g.
Week 4	MON 12/19	TUES 12/20	WED 12/21	THUR 12/22	FRI 12/23
MEAT/MA	Cheeseburger-29g.	Nacho Lil' Bites-32g.	Baked Chicken-19 g.	Sloppy Joe on Bun -36 g.	Grilled Cheese -31 g.
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
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					
GRAIN		Refried Beans-23 g.			
VEG	Sweet Potato Fries - 30 g.	Small Romaine Salad -5 g.	Green Beans - 4 g.	Broccoli -4 g.	Tomato Soup 11-g.
VEG		with Grape Tomatoes	Mashed Potatoes - 17 g		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	Peaches 1/2 c. - 17 g.	Peaches 1/2 c. - 17 g.	Mixed Fruit-18 g.	Pineapple Tidbits - 16 g.	Pears - 20 g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT		Salsa-2 g.	Gravy - 3 g.		
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3g.	Desert		
CONDIMENTS					
Week 5					

MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN					
GRAIN					
GRAIN					
VEG					
VEG					
VEG					
FRUIT					
FRUIT					
FRUIT					
CONDIMENTS					
CONDIMENTS					
	<b>Dark Green</b>	<b>Starchy</b>	<b>Red/Orange</b>	<b>Legumes</b>	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.







