

## February Primary 2018

WEEK 1	MON	TUES	WED	THU 02/01	FRI 02/02
MEAT/MA				Meatloaf w/Gravy-8 g.	Fish Fillet on WG Bun-39g.
MEAT/MA					
MEAT/MA				Cheese Sandwich 26 g.	Cheese Sandwich 26 g.
MEAT/MA				Chef Salad-5g	Chef Salad-5g
GRAIN				Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN					
VEG				Mashed Potatoes - 17 g	Baked Beans 1/2 c-29 g.
VEG				Cooked Carrots-8 g.	
VEG				Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT				Pineapple Tidbits - 16 g.	Applesauce-25 g.
FRUIT				Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS				Gravy - 3g	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS					
WEEK 2	MON 02/05	TUES 02/06	WED 02/07	THU 02/08	FRI 02/09
MEAT/MA	Sloppy Joe/Bun- 36g	Sausage Patty(1) - 1 g.	Cheese Pizza - 35 g.	Turkey & Gravy 6 oz. - 3g	Grilled Cheesewich-27g
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)	Dinner Roll -12g. (1 grain)	
GRAIN		French Toast -29 g.			Dinner Roll -12g. (1 grain)
GRAIN	Sweet Potato Fries - 30 g.	Seasoned Potato Cubes-18 g.	Broccoli- 4g	Mashed Potatoes - 17 g	
VEG				Green Beans - 4 g.	Peas -9 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.
VEG					
FRUIT	Pineapple Tidbits - 16 g.	Cinnamon Applesauce - 25 g.	Fresh Fruit	Peaches 1/2 c. - 1/ g.	Fresh Fruit Bowl
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Frozen Fruit Cup-18 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Syrup -31 g.		Gravy - 3g	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	bbq sauce, 11 g.				
		<b>February Primary 2018</b>			
WEEK 3	MON 02/12	TUES 02/13	WED 02/14	THU 02/15	FRI 02/16
MEAT/MA	Chicken Tenders(3)- 19 g.	Beef & Cheese Nachos -7 g.	Chicken Patty on Bun- 39 g.	Cheeseburger on WG Bun-29g.	Fish Sticks-19g.
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 19 g.			
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 - 4 g.	Corn-19 g.	Baked Beans 1/2 c-29 g.	Sweet Potato Fries - 30 g.	Cheesy Broccoli-7g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT	Peaches 1/2 c. - 17 g.	Mixed Fruit-18 g.	Strawberry Shortcake	Pears - 20 g.	Applesauce-25 g.
CONDIMENTS	BBQ Sauce, 11 g.	Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3g.			
Week 4	<b>MON 02/19</b>	<b>TUES 02/20</b>	<b>WED 02/21</b>	<b>THU 02/22</b>	<b>FRI 02/23</b>
MEAT/MA		Taco Salad-5 g. w/	Cheese Pizza - 35 g.	Ling's Orange Chicken -32 g.	Hot Dog on Bun - 28 g.
MEAT/MA		Shredded Romam -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
GRAIN		Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	
GRAIN		Chips 19 g.		Brown Rice -27 g.	Dinner Roll -12g. (1 grain)
GRAIN		Eatable Bowl -20 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.
VEG		Retried Beans-23 g.	Broccoli- 4g	Peas & Carrots-9	Baked Beans 1/2 c-29 g.
VEG					
FRUIT		Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT		Applesauce-25 g.	Mixed Fruit-18 g.	Mandarin Oranges-17 g	Frozen Fruit Cup-18 g.
FRUIT					
CONDIMENTS		Salsa-2 g.			Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS		Sour Cream - 3g.			
Week 5	<b>MON 02/26</b>	<b>TUES 02/27</b>	<b>WED 02/28</b>	<b>THU</b>	<b>FRI</b>
MEAT/MA	Chicken Patty on Bun- 39 g.	Burrto - 39 g.	Mozzarella Sticks-31 g.		
MEAT/MA					
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.		
MEAT/MA	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)		
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.		
VEG	Baked Beans 1/2 c-29 g.	Retried Beans-23 g.	Green Beans - 4 g.		
FRUIT					
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl		
FRUIT	Peaches 1/2 c. - 17 g.	Applesauce-25 g.	Fresh Fruit		
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.				
CONDIMENTS		Salsa-2 g.	Marinara Sauce-3 g.		
		Sour Cream - 3g.			
					1/10/2018

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.





