

Intermediate February 2018

WEEK 1	MON	TUES	WED	THU 02/01	FRI 02/02
MEAT/MA				Lings Chicken-32g	American Cheese Steak on WG Roll-62 g.
MEAT/MA				*Bratwurst/Bun -27g.	See Manager
MEAT/MA				Chef Salad-10g	Chef Salad-10g
MEAT/MA				Wrap - 30 g.	Sub -30 g.
GRAIN				Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN				Brown Rice	
VEG				California Blend-5g	Green Beans - 4 g.
VEG					
VEG				Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT				Mandarin Oranges 1/2 c-17 g	Rosy Applesauce- 26g
				Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					Juice -21 g/Grape Juice 28g
CONDIMENTS				Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS					Mayo -2 g.
WEEK 2	MON 02/05	TUES 02/06	WED 02/07	THU 02/08	FRI 02/09
MEAT/MA	Chicken Patty on Bun-39 g.	Smothered Burrito-42g	Chicken Penne Alfredo -29 g.	*Hawaiian Pork w/Lo-Mein-38g.	Calzone - 35 g.
MEAT/MA	Hot Dog on Bun - 28 g.	Chicken Philly Sand- 28g	French Bread Cheese Pizza -33g	Hamburger on WG Bun-21g.	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.		
GRAIN					
VEG	Baked Beans 1/2 c-29 g.	Corn 1/2 c-19 g.	Asparagus-3g.	Broccoli- 4g	Green Beans - 4 g.
VEG	Cooked Carrots-8 g.	Refried Beans -30g			
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	Pears - 20 g.	Pears - 20 g.	Peaches 1/2 c. - 17 g.	Mandarin Oranges 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					Juice -21 g/Grape Juice 28g
CONDIMENTS	Mayo-2g.	Mayo-2g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa/2gSour Cream - 5g.	Marmara sauce-3 g.		
	Intermediate February 2018				
WEEK 3	MON 02/12	TUES 02/13	WED 02/14	THU 02/15	FRI 02/16
MEAT/MA	Chicken Tenders - 4=19g	Taco Salad-5 g.	Pizza BD - 43 g.	Asian chicken Stir Fry w/ Brown Rice 44g	Chicken Patty on Bun-39 g.
MEAT/MA	Stoppo Joe on Bun -36 g.	*Pork Chop Sandwich -42 g.	BBQ Rib on Bun - 32 g.	*Bratwurst/Bun -27g.	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		Chips (1) 19 g.			
GRAIN					
VEG	Sweet Potato Fries - 30 g.	Black Bean Fiesta - 34 g.	Small Romaine Salad -5 g.	Peas & Carrots-9	Prince Edward - 3 g.
VEG		Romaine -5 g.	Broccoli- 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	Pineapple Tidbits - 16 g.	Pears - 20 g.	Strawberry Shortcake	Mandarin Oranges 1/2 c-17 g	Applesauce-25 g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					Juice -21 g/Grape Juice 28g
CONDIMENTS	BBQ Sauce, 11 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2g/Sour Cream - 3g.	Mayo -2 g.		Mayo-2g.
Week 4	MON 02/19	TUES 02/20	WED 02/21	THU 02/22	FRI 02/23
MEAT/MA		Soft Shell Taco -28 g	Spaghetti w/Meat Sauce-23g.	Lings Chicken-32g	American Cheese Steak on WG Roll-62 g.
MEAT/MA		Fish Sandwich - 39 g.	Chicken Tenders - 4=19g	*Bratwurst/Bun -27g.	See Manager
MEAT/MA		Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Chef Salad-10g	Chef Salad-10g
MEAT/MA		Chef Salad-10g	Chef Salad-10g	Wrap - 30 g.	Sub -30 g.
MEAT/MA		Wrap - 30 g.	Sub -30 g.	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN		Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Brown Rice	
GRAIN			Garlic Toast -11 g.	California Blend-5g	Green Beans - 4 g.
VEG		Corn 1/2 c-19 g.	Broccoli- 4g		
VEG			Small Romaine Salad -5 g.	Raw Veggies-6 g. w/Ranch Dip -3 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.	Mandarin Oranges 1/2 c-17 g	Rosy Applesauce- 26g
FRUIT		Mixed Fruit-18 g.	Pineapple Tidbits - 16 g.	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT		Fresh Fruit Bowl	Fresh Fruit Bowl		Juice -21 g/Grape Juice 28g
FRUIT					
CONDIMENTS		Boom Boom Sauce-11g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS		Salsa-/2gSour Cream - 3g.	BBQ Sauce, 11 g.		Mayo -2 g.
	MON 02/26	TUES 02/27	WED 02/28	THU	FRI
MEAT/MA	Chicken Smackers- 20 gr.	Beef & Cheese Nachos -7 g.	French Bread Cheese Pizza -33g	Meatloaf w/Gravy-8 g.	Pizza BD - 43 g.
MEAT/MA	*Pulled Pork Sandwich- 39g	Chicken Patty on Bun-39 g.	Fish Sandwich - 39 g.	Beacon Street Sandwiches-32g.	See Manager
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.
MEAT/MA	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	French Fries-20 g.	Refried Beans -30g	Corn 1/2 c-19 g.	Mashed Potatoes -15g	Broccoli- 4g
VEG		Small Romaine Salad -5 g.	Spinach-4 g.	Cooked Carrots-8 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	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Mixed Fruit-18 g.	Mandarin Oranges 1/2 c-17 g	Rosy Applesauce- 26g
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					Juice -21 g/Grape Juice 28g
CONDIMENTS	BBQ Sauce, 11 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	Marinara Sauce-3 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa/-2gSour Cream - 3g.	Marinara Sauce-3 g.	Gravy - 3g	
	Dark Green	Starchy	Red/Orange	Legumes	1/7/2017

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.

