

Intermediate January 2018

WEEK 1	MON 01/08	TUES 01/09	WED 01/10	THU 01/11	FRI 01/12
MEAT/MA	Chicken Smackers- 20 gr.	Beef & Cheese Nachos -7 g.	French Bread Cheese Pizza -33g	Meatloaf w/Gravy-8 g.	Beef Stew (1) 21 g. w/Carb 1oz. 16g.
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.
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.			
VEG	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.
FRUIT	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Mixed Fruit-18 g.	Mandarin Oranges 1/2 c-17 g	Rosy Applesauce- 26g
	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	
WEEK 2	MON 01/15	TUES 01/16	WED 01/17	THU 01/18	FRI 01/19
MEAT/MA		Smothered Burrito-42g	Chicken Penne Alfredo -29 g.	Meatloaf w/Gravy-8 g.	Calzone - 35 g.
MEAT/MA		Chicken Philly Sand- 28g	Grilled Cheesewich-27g	Fish Sticks-23g.	See Manager
MEAT/MA		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
MEAT/MA		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)
GRAIN			Garlic Toast -11 g.		
GRAIN					
VEG		Corn 1/2 c-19 g.	Asparagus-3g.	Broccoli- 4g	Green Beans - 4 g.
VEG		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.
FRUIT		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
FRUIT					Juice -21 g/Grape Juice 28g
CONDIMENTS		Mayo-2g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS		Salsa/-2gSour Cream - 3g.			
		Intermediate January 2018			
WEEK 3	MON 01/22	TUES 01/23	WED 01/24	THU 01/25	FRI 01/26
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	Sloppy Joe on Bun -36 g.	*Pork Chop Sandwich -42 g.	BBQ Rib on Bun - 32 g.	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.	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.	Peaches 1/2 c. - 17 g.	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 01/29	TUES 01/30	WED 01/31	THU	FRI
MEAT/MA	Meatball Sub- 38g	Chicken Fiesta Sticks-40 g.	Spaghetti w/Meat Sauce-23g.		
MEAT/MA	Chicken Nuggets -14 g	Fish Taco-49g.	Chicken Tenders - 4=19g		
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.		
MEAT/MA	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g		
MEAT/MA	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)		
GRAIN			Garlic Toast -11 g.		
VEG	Baked Beans 1/2 c-29 g.	Corn 1/2 c-19 g.	Broccoli- 4g		
VEG			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.		
FRUIT	Applesauce-25 g.	Mixed Fruit-18 g.	Pineapple Tidbits - 16 g.		
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl		
FRUIT					
CONDIMENTS	BBQ Sauce, 11 g.	Boom Boom Sauce-11g.	Ketchup- 3 g. & Mustard- 0 g.		
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa/-2gSour Cream - 3g.	BBQ Sauce, 11 g.		
	MON	TUES	WED	THU	FRI
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					

GRAIN					
VEG					
VEG					
VEG					
FRUIT					
FRUIT					
CONDIMENTS					
CONDIMENTS					
	Dark Green	Starchy	Red/Orange	Legumes	11/27/2017

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.

