

January Primary 2018

WEEK 1	MON 01/08	TUES 01/09	WED 01/10	THU 01/11	FRI 01/12
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)	Dinner Roll -12g. (1 grain)
GRAIN		French Toast -29 g.			
VEG	Sweet Potato Fries - 30 g.	Seasoned Potato Cubes-18 g.	Broccoli- 4g	Mashed Potatoes - 17 g	Peas -9 g.
VEG				Green Beans - 4 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	Pineapple Tidbits - 16 g.	Cinnamon Applesauce - 25 g.		Peaches 1/2 c. - 17 g.	Frozen Fruit Cup-18 g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Syrup -31 g.		Gravy - 3g	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	BBQ Sauce, 11 g.				
WEEK 2	MON 01/15	TUES 01/16	WED 01/17	THU 01/18	FRI 01/19
MEAT/MA		Beef & Cheese Nachos -7 g.	Chicken Patty on Bun- 39 g.	Cheeseburger- 29 g.	Fish Sticks-19g.
MEAT/MA					
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		Chips (1) 19 g.			
GRAIN		Dinner Roll -12g. (1 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.	Raw Veggies-6 g. w/Ranch Dip -3 g.
VEG		Corn 1/2 c-19 g.	Baked Beans 1/2 c-29 g.	Sweet Potato Fries - 30 g.	Cheesy Broccoli-7g.
VEG					
FRUIT		Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT		Mixed Fruit-18 g.	Fresh Apple Slices-22g	Pears - 20 g.	Applesauce-25 g.
CONDIMENTS		Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 g.		Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS		Sour Cream - 3g.		Ketchup- 3 g. & Mustard- 0 g.	

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WEEK 3	MON 01/22	TUES 01/23	WED 01/24	THU 01/25	FRI 01/26
MEAT/MA	Chicken Nuggets -14 g	Taco Salad-5 g. w/	Cheese Pizza - 35 g.	Ling's Orange Chicken -32 g.	Hot Dog on Bun - 28 g.
MEAT/MA		Shredded Romain -1 g.			
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.		Brown Rice -27 g.	
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.	Raw Veggies-6 g. w/Ranch Dip -3 g.
VEG	Sweet Potato Fries - 30 g.	Refried Beans-23 g.	Broccoli- 4g	Peas & Carrots-9	Baked Beans 1/2 c-29 g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Fresh Fruit	Mandarin Oranges-17 g	Frozen Fruit Cup-18 g.
CONDIMENTS	BBQ Sauce, 11 g.	Salsa-2 g.		Holiday Pretzel	
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3g.		Gravy - 3g	
Week 4	MON 01/29	TUES 01/30	WED 01/31	THU	FRI
MEAT/MA	Chicken Patty on Bun- 39 g.	Burrito - 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.	Corn-19 g.	Small Romaine Salad -5 g.		
VEG			Green Beans - 4 g.		
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl		
FRUIT	Peaches- 17 g.	Apple sauce-25 g.	Mixed Fruit-18 g.		
FRUIT					
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.	Marinara Sauce-3 g.		
CONDIMENTS		Sour Cream - 3g.			
Week 5	MON	TUES	WED	THU	FRI
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN					
VEG					
VEG					
VEG					
FRUIT					
FRUIT					
FRUIT					

CONDIMENTS					
CONDIMENTS					
					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.

