

Intermediate March 2018

WEEK 1	MON	TUES	WED	THU 03/01	FRI 03/02
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-18g.	
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 03/05	TUES 03/06	WED 03/07	THU 03/08	FRI 03/09
MEAT/MA	Chicken Waffle Bites-10g.	Beef & Cheese Nachos -7 g.	Pizza BU - 43 g.	Meatloaf w/Gravy-8 g.	WG Cheese Quesadilla-32g.
MEAT/MA	Pulled Pork on WG Bun-38 g.	Chicken Patty on Bun-39 g.	Fish Taco-49g.	Hot Ham & Cheese on WG Bun-34g.	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					
GRAIN					
VEG	French Fries-20 g.	Refried Beans -30g	Spinach-4 g.	Mashed Potatoes -15g	Prince Edward - 3 g.
VEG			Corn 1/2 c-19 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	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	Mayo-2g./BBQ Sauce 11g	Mayo-2g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa/-2gSour Cream - 3g.	Marinara Sauce-3 g./Boom Boom-11g.	Gravy - 3g	Salsa/-2gSour Cream - 3g.
	Intermediate March 2018				
WEEK 3	MON 03/12	TUES 03/13	WED 03/14	THU 03/15	FRI 03/16
MEAT/MA	Chicken Patty on Bun-39 g.	Smothered Burrito-42g	Chicken Penne Alfredo -29 g.	*Hawaiian Pork w/Lo-Mein-38g.	
MEAT/MA	Hot Dog on Bun - 28 g.	Chicken Philly Sand- 28g	French Bread Cheese Pizza -33g	Hamburger-25g.	
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	Sub -30 g.	Wrap - 30 g.	Sub -30 g.	Wrap - 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	Baked Beans 1/2 c-29 g.	Corn 1/2 c-19 g.	Asparagus-3g.	Broccoli- 4g	
VEG	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.	
FRUIT	Mixed Fruit-18 g.	Pears - 20 g.	Peaches 1/2 c. - 17 g.	Mandarin Oranges 1/2 c-17 g	
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	
FRUIT					
CONDIMENTS	BBQ Sauce, 11 g.	Ketchup- 3 g. & Mustard- 0 g.	Marinara Sauce-3 g.	Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2g/Sour Cream - 3g.			
Week 4	MON 03/19	TUES 03/20	WED 03/21	THU 03/22	FRI 03/23
MEAT/MA	Chicken Waffle Bites-10g.	Walking Taco-29g.	Baked Chicken-19 g.	Spaghetti w/Meat Sauce-23g.	Pizza BD - 43 g.
MEAT/MA	Sloppy Joe on Bun -36 g.	*Pork Chop Sandwich -42 g.	*Bratwurst/Bun -27g.	Chicken Tenders - 4=19g	See Manager
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Chef Salad-10g	Chef Salad-10g
MEAT/MA	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	Wrap - 30 g.	Sub -30 g.
MEAT/MA	Sub -30 g.	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)	Dinner Roll -12g. (1 grain)	Garlic Toast -11 g.	
GRAIN					
VEG	Sweet Potato Fries - 30 g.	Corn 1/2 c-19 g.	Broccoli- 4g	California Blend-5g	Green Beans - 4 g.
VEG		Black Bean Fiesta - 34 g.	Mashed Potatoes -15g	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.	Pears - 20 g.	Peaches 1/2 c. - 17 g.	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl		Juice -21 g/Grape Juice 28g
FRUIT					
CONDIMENTS	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	Syrup -31 g.	Salsa-2g/Sour Cream - 3g.	Gravy - 3g	BBQ Sauce, 11 g.	
	MON 03/26	TUES 03/27	WED 03/28	THU 03/29	FRI 03/30
MEAT/MA	Meatball Sub- 38g	Chicken & Cheese Quesadilla-32 g.	Pizza BD - 43 g.	Lings Chicken-32g	
MEAT/MA	Chicken Nuggets -14 g	Cheeseburger- 29 g.	Chicken Patty on Bun-39 g.	Corn Dog - 30 g.	
MEAT/MA	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.	
MEAT/MA	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	
GRAIN				Brown Rice-18g.	
GRAIN	Baked Beans 1/2 c-29 g.	Black Bean Fiesta - 34 g.	Broccoli- 4g		

VEG		Small Romaine Salad -5 g.		Peas & 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.	
VEG	Apple sauce-25 g.	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	Mandarin Oranges 1/2 c-17 g	
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	
FRUIT					
CONDIMENTS	BBQ Sauce, 11 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.			
	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.

