

March Primary II 2018

WEEK 1	MON	TUES	WED	THU 03/01	FRI 03/02
MEAT/MA				BBQ Chicken-17g	Cavatappi & Cheese-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				Chips 19 g.	
VEG				Garden Vegetables-12.2g.	Broccoli-4.5g.
VEG					
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					
CONDIMENTS					
WEEK 2	MON 03/05	TUES 03/06	WED 03/07	THU 03/08	FRI 03/09
MEAT/MA	French Toast Sticks w/Sausage-39g.	Baked Chicken Nuggets-12g.	Spagetti & Meat Balls-42g.	Cheese Pizza-39g.	WG Grilled Cheese
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			Garlic Toast -11 g.		Dinner Roll -12g. (1 grain)
GRAIN	Potato Rounds-18.1g.	California Blend-9g.	Broccoli-4.5 g.		
VEG				Green Beans-6g.	Maple Baked Beans-34g.
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.	Maple Butter Carrots-
VEG					Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT	Pineapple Tidbits - 16 g.	Cinnamon Applesauce - 25 g.	Fresh Fruit	Peaches 1/2 c. - 17 g.	Fresh Fruit Bowl
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Frozen Fruit Cup-18 g.
CONDIMENTS	Syrup-31g.				
CONDIMENTS					
	March Primary II 2018				
WEEK 3	MON 03/12	TUES 03/13	WED 03/14	THU 03/15	FRI 03/16
MEAT/MA	Chicken Fries w/1t Tators-33g.	Taco Meal-19g.	Chicken Drumstick w/	Pizza Dippers-30g.	
MEAT/MA			Potatoe Rounds-16g.		
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	
MEAT/MA					
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	

GRAIN		Taco Shell			
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		Whole Kernel Corn-25.7 g.		Carrots-9 g.	
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	
FRUIT	Peaches 1/2 c. - 17 g.	Mixed Fruit-18 g.	Strawberries	Pears - 20 g.	
CONDIMENTS	BBQ Sauce, 11 g.	Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 g.	Marinara Sauce-9g.	
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3g.			
Week 4	MON 03/19	TUES 03/20	WED 03/21	THU 03/22	FRI 03/23
MEAT/MA	Chicken Dippers w/Tomato Parmesan-22g	Pepperjack Cheese Burger on WG Bun-28g.	Mini Corn Dogs-31g.	Cheese Pizza-39g.	Chili w/Beans-24g.
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					Dinner Roll -12g. (1 grain)
GRAIN					Cheezits-
VEG	Green Beans-6g.	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		Maple Baked Beans-34g.	Fries-16g.	Broccoli-4.5g.	Whole Kernel Corn-26g.
VEG					
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.	Mixed Fruit-18 g.	Apple sauce-25 g.	Frozen Fruit Cup-18 g.
FRUIT					
CONDIMENTS	BBQ Sauce, 11 g./Ketchup-3g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.		
CONDIMENTS	Syrup-31g.				
Week 5	MON 03/26	TUES 03/27	WED 03/28	THU 03/29	FRI 03/30
MEAT/MA	Popcorn Chicken-16g.	Pepperoni Pizza-38.4 g.	Chicken Tenders w/	Homestyle Salisbury Steak	
MEAT/MA			Potato Wedges-21.4g.	Wgravy	
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)	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.	Mashed Potatoes-17.2g.	
VEG	Country Blend Veggies-12.2g.	Broccoli-4.5 g.			
FRUIT				Raw Veggies-6 g. w/Ranch Dip -3 g.	
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Pineapple Tidbits - 16 g.	
FRUIT	Peaches 1/2 c. - 17 g.	Apple sauce-25 g.	Fresh Fruit	Fresh Fruit Bowl	
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.				

CONDIMENTS	BBQ Sauce, 11 g.		Ketchup- 3 g. & Mustard- 0 g.		
			BBQ Sauce, 11 g.		1/10/2018

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.

