

March Primary 2018

WEEK 1	MON	TUES	WED	THU 03/01	FRI 03/02
MEAT/MA				Meatloaf w/Gravy-8 g.	Fish Fillet on WG Bun-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					
VEG				Mashed Potatoes - 17 g	Baked Beans 1/2 c-29 g.
VEG				Cooked Carrots-8 g.	
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				Gravy - 3g	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS					
WEEK 2	MON 03/05	TUES 03/06	WED 03/07	THU 03/08	FRI 03/09
MEAT/MA	Sloppy Joe/Bun- 36g	Sausage Patty(1) - 1 g.	Cheese Pizza - 35 g.	Chicken Waffle Bites (9) -10 g.	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)	
GRAIN		French Toast -29 g.			Dinner Roll -12g. (1 grain)
GRAIN	Sweet Potato Fries - 30 g.	Seasoned Potato Cubes-18 g.	Broccoli- 4g	Mashed Potatoes - 17 g	
VEG				Green Beans - 4 g.	Peas -9 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					
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	Ketchup- 3 g. & Mustard- 0 g.	Syrup -31 g.		Gravy - 3g	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	BBQ Sauce, 11 g.				
		March Primary 2018			
WEEK 3	MON 03/12	TUES 03/13	WED 03/14	THU 03/15	FRI 03/16
MEAT/MA	Chicken Tenders(3)- 19 g.	Beef & Cheese Nachos -7 g.	Chicken Patty on Bun- 39 g.	Cheeseburger on WG Bun-29g.	
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	
MEAT/MA					
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.			
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	Green Beans - 4 g.	Corn-19 g.	Baked Beans 1/2 c-29 g.	Sweet Potato Fries - 30 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.	Ketchup- 3 g. & Mustard- 0 g.	
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 Waffle Bites (9)-10 g.	Taco Salad-5 g. w/	Cheese Pizza - 35 g.	Baked Chicken-19 g.	Cheese Rippers-31 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
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.			Dinner Roll -12g. (1 grain)
GRAIN		Eatable Bowl -20 g.			
VEG	Sweet Potato Fries - 30 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		Refried Beans-23 g.	Broccoli- 4g	Mashed Potatoes - 17 g	Baked Beans 1/2 c-29 g.
VEG				Peas & Carrots-8 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.	Mixed Fruit-18 g.	Applesauce-25 g.	Frozen Fruit Cup-18 g.
FRUIT					
CONDIMENTS	BBQ Sauce, 11 g./Ketchup-3g.	Salsa-2 g.			
CONDIMENTS	Syrup-31g.	Sour Cream - 3g.			Marinara Sauce-3 g.
Week 5	MON 03/26	TUES 03/27	WED 03/28	THU 03/29	FRI 03/30
MEAT/MA	Chicken Patty on Bun- 39 g.	Burrito - 39 g.	Mozzarella Sticks-31 g.	Meatloaf w/Gravy-8 g.	
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	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 g	
VEG	Baked Beans 1/2 c-29 g.	Corn-19 g.	Green Beans - 4 g.	Cooked Carrots-8 g.	
FRUIT			Romaine Side Salad-5g.	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.	Applesauce-25 g.	Fresh Fruit	Fresh Fruit Bowl	
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.			Gravy - 3g	

CONDIMENTS		Salsa-2 g.	Marinara Sauce-3 g.		
		Sour Cream - 3g.			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.

