

## 2019 March K-8

### WEEK 1

MEAT/MA					Fish Sandwich - 39 g.
MEAT/MA					Cheese Sandwich 26 g.
MEAT/MA					Chef Salad-5g
MEAT/MA					
GRAIN					Dinner Roll -12g. (1 grain)
GRAIN					
VEG					Raw Veggies-6 g. w/Ranch Dip -3 g.
VEG					Smile Potatoes-
VEG					
FRUIT					Fresh Fruit Bowl
FRUIT					Pears - 20 g.
CONDIMENTS					Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS					Tartar Sauce-3g.

### WEEK 2

MEAT/MA	Chicken Patty on Bun- 39 g.	Nacho Ole'-9g.	Chicken Penne Alfredo -29 g.	Ling's Orange Chicken -19 g.	Cheese Rippers-31 g.
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		WG Tostitos Chips-29g.	Garlic Toast -22 g.	Brown Rice -27 g.	
VEG	Raw Veggies-6 g. w/Ranch Dip -13 g.	Raw Veggies-6 g. w/Ranch Dip -13 g.	Raw Veggies-6 g. w/Ranch Dip -13 g.	Raw Veggies-6 g. w/Ranch Dip -13 g.	Raw Veggies-6 g. w/Ranch Dip -13 g.
VEG	French Fries-17g.	Refried Beans-22 g.	Broccoli -4 g.	Green Beans - 4 g.	Side Salad-5g.
VEG					
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT	Peaches 1/2 c. - 17 g.	Mixed Fruit-18 g.	Fresh Fruit	Mandarin Oranges 1/2 c-17 g	Applesauce-25g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.		Ketchup- 3 g. & Mustard- 0 g.	Marinara Sauce-3 g.
CONDIMENTS	BBQ Sauce, 11 g.	Sour Cream - 3g.			

### WEEK 3

MEAT/MA	Chicken Tenders(4)- 19 g.	Chicken Taco (2)-31g.	Italian Meatball Sub- 38g	Hot Dog on WG Bun - 28 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	Waffle Stick-16g.				

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-6g w/Ranch Dip-13g.	Raw Veggies-6g w/Ranch Dip-13g.	Raw Veggies-6g w/Ranch Dip-13g.	Raw Veggies-6g w/Ranch Dip-13g.	
VEG	Maple Roast Sweet Potato - 35 g.	Corn 1/2 c-19 g.	Cheesy Broccoli-7g.	Baked Beans-29g.	
VEG					
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	
FRUIT	Baked Apples-56g.	Pears - 20 g.	Peaches 1/2 c. - 17 g.	Frozen Fruit Cup-18 g.	
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.		Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS	BBQ Sauce, 11 g.	Sour Cream - 3g.			

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WEEK 4					
MEAT/MA	Southwestern Philly-62 g	Meat Loaf Sandwich-28g.	Spaghetti w/Meat Sauce-23g.	Scrambled Eggs-1g.	Double Cheeseburger- 31 g.
MEAT/MA				Sausage Patty-1gr	
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			Garlic Toast -22 g.	27-g.	
GRAIN					
VEG	Raw Veggies-6g w/Ranch Dip-13g.	Raw Veggies-6g w/Ranch Dip-13g.	Raw Veggies-6g w/Ranch Dip-13g.	Raw Veggies-6g w/Ranch Dip-13g.	Raw Veggies-6g w/Ranch Dip-13g.
VEG	Black Bean Fiesta - 34 g.	Mashed Potatoes -15g	Broccoli -4 g.	Potato Smiles (3oz.)-25g.	Peas 1/2 cup-7g.
VEG		Shredded Romain & Diced Tomatoes-3g.			
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.	Orange Smiles-21 g.	Baked Apples-56g.	Fronzen Berries-22g.
CONDIMENTS		Gravy - 3 g.		Gravy - 3 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS		Ketchup- 3 g.		Ketchup- 3 g.	
Week 5					
MEAT/MA	Chicken Smackers- 20 gr.	Mini Corn Dog(6)-33g. w/Mac"N" Cheese-(3 oz.)15.5g	Cheese Pizza-31g.	*Pulled Pork Sandwich- 39g	Fish Sandwich - 39 g.
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
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					
GRAIN					
VEG	Raw Veggies-6g w/Ranch Dip-13g.	Raw Veggies-6g w/Ranch Dip-13g.	Raw Veggies-6g w/Ranch Dip-13g.	Raw Veggies-6g w/Ranch Dip-13g.	Raw Veggies-6 g. w/Ranch Dip -3 g.

VEG	Broccoli -4 g.	Baked Beans-29g.	Green Beans - 4 g.	Baked Potato Chips-24g.	Smile Potatoes-
VEG				California Blend-5g	
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	Fresh Fruit	Applesauce-25g.	Pears - 20 g.
FRUIT					Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	Ketchup-3 g.	Ketchup- 3 g. & Mustard- 0 g.		Ketchup-3 g.	Tartar Sauce-3g.
CONDIMENTS	BBQ Sauce, 11 g.			BBQ Sauce, 11 g.	
					1/21/2019

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. Petie Banana - 18 g. Salad Dressing: Ranch - 7 g. French -9 g.





