

## 2019 March Elementary II

### WEEK 1

MEAT/MA					Turkey Burger on WG Bun-30g.
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					Broccoli-2g.
VEG					
FRUIT					Fresh Fruit Bowl
FRUIT					Pears - 20 g.
CONDIMENTS					Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS					

### WEEK 2

MEAT/MA	Pancakes & Sausage-30g	Popcorn Chicken -16g.	Pizza Dipper-33g.	Bagel Dogs-	Cheese Pizza-34g.
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					
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	Potato Rounds-26g.	Country Blend Vegetables-16g.	Corn-17g.	Maple Baked Beans-34g.	Broccoli-2g.
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	Pears - 20 g.	Applesauce-25g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g.	Marinara Sauce-9g.	Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS		BBQ Sauce, 11 g.			

### WEEK 3

MEAT/MA	Chicken Tenders- w/Pot. Wedges24 g.	Cheeseburger on WG Bun-28g.	Chicken Wings-6g.	BBQ Chicken -17g.	
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				WG Tortilla Chips-19g.	
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		Green Beans-6g.	Broccoli -4 g.	Maple Baked Beans-34g.	
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.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g.		
CONDIMENTS	BBQ Sauce, 11 g.		BBQ Sauce, 11 g.		
WEEK 4					
MEAT/MA	Penne Pasta w/Meat Sauce-38g.	Corn Dog on Stick-31g.	Deli Sub Sandwich-	Chicken Taco-7g.	Vegetarian Chili w/Beans
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			Garlic Toast -22 g.	6" WG Taco Shell-	WG Tortilla Chips-19g.
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	Green Beans-6g.	Maple Baked Beans-34g.	Corn-17g.	Broccoli-2g.	Mixed Vegetables-20g.
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.	Orange Smiles-21 g.	Baked Apples-56g.	Fronzen Berries-22g.
CONDIMENTS		Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	Taco Sauce	
CONDIMENTS					
Week 5					
MEAT/MA	Meatloaf Panini-30g.	Chicken Ranch Flatbread-32g.	Turkey Burger on WG Bun w/Potato Weges-30g	Chicken Dunkers w/Parm Marinara-22g.	French -34g.Bread Cheese Pizza
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	French Fries-24g.	Corn-17g.	Maple Baked Beans-34g.	Green Beans-g.	Broccoli-2g.

VEG					
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					
CONDIMENTS	Ketchup-3 g.		Ketchup- 3 g. & Mustard- 0 g.		
CONDIMENTS	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.





