

## Intermediate May 2018

WEEK 1	MON	TUES 5/1	WED 5/2	THU 5/3	FRI 5/4
MEAT/MA		Manager's Choice-2gr.	Penne w/Alfredo Sauce w/Ham-42 g.	Asian chicken Stir Fry 44g	Fiestada Pizza-43g.
MEAT/MA		Manager's Choice-2gr.	French Bread Cheese Pizza -33g	Potato Crusted Fish-17 g.	Manager's Choice-2gr.
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.		
VEG		Corn 1/2 c-19 g.	Broccoli- 4g	Peas & Carrots-8 g.	Black Bean Fiesta - 34 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					
FRUIT		Applesauce-25 g.	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	Pineapple Tidbits - 16 g.
FRUIT		Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS			Marinara Sauce-3 g.	Tartar Sauce-3 g.	Salsa/-2gSour Cream - 3g.
CONDIMENTS					
WEEK 2	MON 05/7	TUES 05/8	WED 05/9	THU 05/10	FRI 05/11
MEAT/MA	Spaghetti w/Meat Sauce-23g.	Chicken & Cheese Quesadilla-32 g.	Meatloaf	Ling's General Tso -32 g.	Bosco Stick ( 1) -21 g. w/Chili 4oz.-15g.
MEAT/MA	Chicken Sandwich - 39 g.	Southwestern Philly-62g.	Chicken Tenders - 4=19g	Hot Dog on Bun - 28 g.	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	Garlic Toast -11 g.				
VEG	Green Beans - 4 g.	Refried Beans -30g	Mashed Potatoes -15g		Pears - 20 g.
VEG			Mixed Vegetables-12 g.	Broccon- 4g	
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.	Mixed Fruit-18 g.	Applesauce-25 g.	Mandarin Oranges 1/2 c-17 g	Pears - 20 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.	Gravy - 3g	Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa/-2gSour Cream - 5g.	BBQ Sauce, 11 g.		
		<b>Intermediate May 2018</b>			
WEEK 3	MON 05/14	TUES 05/15	WED 05/16	THU 05/17	FRI 05/18
MEAT/MA	Chicken Waffle Bites-10g.	Soft Shell Taco-24 g.	Pizza BJ - 43 g.	Chicken Nuggets -14 g	Fish Fillet on WG Bun-40g.
MEAT/MA	Hot Ham & Cheese on WG Bun-34g.	Chicken Philly Sand- 28g	Pulled Pork on WG Bun-38 g.	Hamburger-25g.	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	French Toast -29 g.				
VEG	Seasoned Potato Cubes-18 g.	Retried Beans -30g	Broccoli- 4g	Sweet Potato Fries - 30 g.	Mixed Vegetables-12 g.
VEG					
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	Rosy Applesauce- 26g	Mixed Fruit-18 g.	Pineapple Tidbits - 16 g.	Peaches 1/2 c. - 17 g.	Pears - 20 g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					Frozen Fruit Cup-18 g.
CONDIMENTS	Syrup -31 g.	Ketchup- 3 g. & Mustard- 0 g.	Mayo-2g./BBQ Sauce 11g	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2g/Sour Cream - 3g.	Ketchup- 3 g. & Mustard- 0 g.		Tartar Sauce-3 g.
Week 4	MON 05/21	TUES 05/22	WED 05/23	THU 05/24	FRI 05/25
MEAT/MA	Chicken Patty on Bun-39 g.	Beef & Cheese Nachos -7 g.	Chicken Bowl-33g.	Meatball Sub- 38g	Pizza BD - 43 g.
MEAT/MA	American Cheese Steak on WG Roll-62 g.	*Bratwurst/Bun -27g.	Fish Sticks-25g.	Corn Dog - 30 g.	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.	Corn 1/2 c-19 g.	Baked Beans 1/2 c-29 g.	Broccoli- 4g
VEG	Green Beans - 4 g.	California Blend->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.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Pineapple Tidbits - 16 g.	Pears - 20 g.
FRUIT	Applesauce-25 g.	Mixed Fruit-18 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	Mayo-2g./BBQ Sauce 11g	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/-2gSour Cream - 3g.	Gravy - 3g	BBQ Sauce, 11 g.	
	MON 05/28	TUES 5/29	WED 5/30	THU 5/31	FRI
MEAT/MA		Chicken Waffle Bites-10g.	Penne w/Alfredo Sauce w/Ham-42 g.	Asian chicken Stir Fry 44g	
MEAT/MA		Sloppy Joe on Bun -36 g.	French Bread Cheese Pizza -33g	Potato Crusted Fish-17 g.	Chicken Nuggets -14 g
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		Wrap - 30 g.	Sub -30 g.	Wrap - 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.		Baked Beans 1/2 c-29 g.
VEG		Sweet Potato Fries - 30 g.	Broccoli- 4g	Peas & Carrots-8 g.	
VEG		Prince Edward - 3 g.			Raw Veggies-6 g. w/Ranch Dip -3 g.
VEG					Applesauce-25 g.
FRUIT		Pears - 20 g.	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	

FRUIT		Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS		Syrup -31 g.	Marinara Sauce-3 g.	Tartar Sauce-3 g.	BBQ Sauce, 11 g.
CONDIMENTS		Ketchup- 3 g. & Mustard- 0 g.			Ketchup- 3 g. & Mustard- 0 g.
	<b>Dark Green</b>	<b>Starchy</b>	<b>Red/Orange</b>	<b>Legumes</b>	4/7/2018

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.





