

May Primary 2018

| WEEK 1 | MON | TUES 5/1 | WED 5/2 | THU 5/3 | FRI 5/4 |
|------------|---------------------------------------|-------------------------------------|-------------------------------------|------------------------------------|--|
| MEAT/MA | | Cheese Pizza-39 g. | Soft Taco-6 g. | Cheese Burger on WG Bun-27 g. | WG Bagel Dog-34 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 | | | WG Chips-19 g. | | |
| VEG | | Green Beans-6 g. | Retried Beans-22 g. | French Fries - 24 g. | Broccoli-2 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. |
| FRUIT | | Applesauce-25 g. | Apple Slices-15 g. | Peaches 1/2 c. - 17 g. | |
| FRUIT | | Fresh Fruit Bowl | Fresh Fruit Bowl | Fresh Fruit Bowl | Frozen Fruit Cup-18 g. |
| CONDIMENTS | | | Salsa-2 g. | Ketchup- 3 g. & Mustard- 0 g. | Ketchup- 3 g. & Mustard- 0 g. |
| CONDIMENTS | | | Sour Cream - 3g. | | |
| WEEK 2 | MON 05/7 | TUES 05/8 | WED 05/9 | THU 05/10 | FRI 05/11 |
| MEAT/MA | Chicken Tenders w/Potato Wedges-24 g. | Salisbury Steak w/Gravy-9 g. | Crispy Chicken Filet on WG Bun-40g. | Beef & Cheese Burrito-34 g. | Pepperoni Pizza-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 |
| 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 | | Mashed Potatoes-17 g. | Garden Vegetables-16 g. | Whole kernel Corn-17 g. | |
| VEG | | | | | Broccoli-2 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. | | Ketchup- 3 g. & Mustard- 0 g. | Salsa-2 g. | |
| CONDIMENTS | BBQ Sauce, 11 g. | | | Sour Cream - 3g. | |
| | | May Primary 2018 | | | |
| WEEK 3 | MON 05/14 | TUES 05/15 | WED 05/16 | THU 05/17 | FRI 05/18 |
| MEAT/MA | Pizza Dipper-30 g. | Ranch Turkey Burger on WG Bun-29 g. | Crispy Chicken Tenders-16 g. | Rotini Bake-38 g. | Hot Dog on WG Bun w/Potato Rounds-52 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 | | | | | |

| | | | | | |
|------------|--|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| 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. | Raw Veggies-6 g. w/Ranch Dip -3 g. |
| VEG | Whole kernel Corn-9 g. | Maple Baked Beans-34 g. | Broccoli- 4g | Green Beans-6 g. | |
| FRUIT | Fresh Fruit Bowl | Fresh Fruit Bowl | Fresh Fruit Bowl | Fresh Fruit Bowl | Applesauce-25 g. |
| FRUIT | Peaches 1/2 c. - 17 g. | Mixed Fruit-18 g. | Strawberries | Pears - 20 g. | Fresh Fruit Bowl |
| CONDIMENTS | Marinara Dipping Sauce-9 g. | Ketchup- 3 g. & Mustard- 0 g. | Ketchup- 3 g. & Mustard- 0 g. | | Ketchup- 3 g. & Mustard- 0 g. |
| CONDIMENTS | | | BBQ Sauce, 11 g. | | |
| Week 4 | MON 05/21 | TUES 05/22 | WED 05/23 | THU 05/24 | FRI 05/25 |
| MEAT/MA | Chicken Nuggets w/ Potato Rounds-22 g. | Vegetarian Chili w/Beans-32 g. | Cheese Pizza - 40 g. | BBQ Chicken on WG Bun-42 g. | Soft Shell Taco-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 | | 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. | Raw Veggies-6 g. w/Ranch Dip -3 g. |
| VEG | | French Fries-24 g. | Broccoli- 2g | Garden Vegetables-12 g. | Whole Kernel Corn-17 g. |
| 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. | Applesauce-25 g. | Frozen Fruit Cup-18 g. |
| FRUIT | | | | | |
| CONDIMENTS | Ketchup- 3 g. & Mustard- 0 g. | | | BBQ Sauce, 11 g. | |
| CONDIMENTS | BBQ Sauce, 11 g. | Sour Cream - 3g. | | Ketchup- 3 g. & Mustard- 0 g. | Sour Cream - 3g. |
| Week 5 | MON 05/28 | TUES 5/29 | WED 5/30 | THU 5/31 | FRI |
| MEAT/MA | | Pepperoni Pizza-39 g. | Popcorn Chicken-15.5 g. | Cheese Burger on WG Bun-27 g. | |
| MEAT/MA | | | | | |
| MEAT/MA | | Cheese Sandwich 26 g. | Cheese Sandwich 26 g. | Cheese Sandwich 26 g. | |
| MEAT/MA | | 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) | |
| 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. | |
| VEG | | Green Beans-6 g. | Mixed Vegetables-19.8 g. | French Fries-24 g. | |
| FRUIT | | | | | |
| FRUIT | | Fresh Fruit Bowl | Fresh Fruit Bowl | Fresh Fruit Bowl | |
| FRUIT | | Pears - 20 g. | Pineapple Tidbits - 16 g. | Mixed Fruit-18 g. | |
| CONDIMENTS | | Salsa-2 g. | Ketchup- 3 g. & Mustard- 0 g. | Ketchup- 3 g. & Mustard- 0 g. | |
| CONDIMENTS | | Sour Cream - 3g. | BBQ Sauce, 11 g. | | |

| | | | | | |
|--|--|--|--|--|------------------|
| | | | | | 4/10/2018 |
|--|--|--|--|--|------------------|

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.

