

May Primary 2018

WEEK 1	MON	TUES 5/1	WED 5/2	THU 5/3	FRI 5/4	
MEAT/MA		Burrito - 39 g.	Mozzarella Sticks-31 g.	Chicken Smackers- 20 gr.	Fiestada Pizza-43g.	
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		Corn-19 g.	Green Beans - 4 g.	Mashed Potatoes - 17 g	Black Bean Fiesta - 34 g.	
VEG				Cooked Carrots-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.	Raw Veggies-6 g. w/Ranch Dip -3 g.	
FRUIT		Applesauce-25 g.				
FRUIT		Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Frozen Fruit Cup-18 g.	
CONDIMENTS		Salsa-2 g.		Gravy - 3g	Salsa-2 g.	
CONDIMENTS		Sour Cream - 3g.		BBQ Sauce, 11 g.	Sour Cream - 3g.	
WEEK 2	MON 05/7	TUES 05/8	WED 05/9	THU 05/10	FRI 05/11	
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.					
		May Primary 2018				
WEEK 3	MON 05/14	TUES 05/15	WED 05/16	THU 05/17	FRI 05/18	
MEAT/MA	Chicken Tenders(3)- 19 g.	Beef & Cheese Nachos -7 g.	Chicken Patty on Bun- 39 g.	Cheeseburger on WG Bun-29g.	Fish Fillet on WG Bun-39g.	
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				Cooked Carrots-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.	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.	Cheesy Broccoli-7g.	French Fries - 24 g.	Baked Beans 1/2 c-29 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	BBQ Sauce, 11 g.	Salsa-2 g.	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.	Sour Cream - 3g.			
Week 4	MON 05/21	TUES 05/22	WED 05/23	THU 05/24	FRI 05/25
MEAT/MA	Hot Dog on Bun - 28 g.	Walking Taco-29g.	Cheese Pizza - 35 g.	Chicken Waffle Bites (9)-10 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					
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	Baked Beans 1/2 c-29 g.	Corn-19 g.	Broccoli- 4g	Mashed Potatoes - 17 g	Green Beans - 4 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	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.		BBQ Sauce, 11 g.	
CONDIMENTS		Sour Cream - 3g.		Ketchup- 3 g. & Mustard- 0 g.	Marinara Sauce-3 g.
Week 5	MON 05/28	TUES 5/29	WED 5/30	THU 5/31	FRI
MEAT/MA		Soft Shell Taco -28 g	Fish Sticks-19g.	Hamburger on WG Bun-21g.	Chicken Tenders(3)- 19 g.
MEAT/MA		w/Shredded Romaine			
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.	Raw Veggies-6 g. w/Ranch Dip -3 g.
VEG		Black Bean Fiesta - 34 g.	Cheesy Broccoli-7g.	Sweet Potato Fries - 30 g.	Corn-19 g.
FRUIT					
FRUIT		Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT		Pears - 20 g.	Pineapple Tidbits - 16 g.	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.
CONDIMENTS		Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 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.

