

Intermediate November 2017

WEEK 1	MON 10/29	TUES 10/30	WED 11/1	THU 11/2	FRI 11/3
MEAT/MA	Chicken Patty on Bun-39 g.	Smothered Burrito-42g	Chicken Penne Alfredo -29 g.	Lings Orange Chicken-32g	Bosco Stick (1) -21 g. w/Chili 4oz.-15g.
MEAT/MA	Hot Dog on Bun - 28 g.	Chicken Philly Sand- 28g	French Bread Cheese Pizza -33g	Fish Sandwich- 42g	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				Brown Rice -1/2 c-18 g.	
GRAIN					
VEG	Baked Beans 1/2 c-29 g.	Corn 1/2 c-19 g.	Broccoli- 4g	California Blend-5g	Cooked Carrots-8 g.
VEG		Small Romaine Salad -5 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	Pears - 20 g.	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	Mandarin Oranges 1/2 c-17 g	Rosy Applesauce- 26g
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa/-2g Sour Cream - 3g.	Marinara Sauce-3 g.	Ketchup- 3 g. & Mustard- 0 g.	Marinara Sauce-3 g.
CONDIMENTS					
WEEK 2	MON 11/6	TUES 11/7	WED 11/8	THU 11/9	FRI 11/10
MEAT/MA	Chicken Tenders - 4=19g	Soft Shell Taco-24 g.	Pizza BD - 43 g.	Asian chicken Stir Fry 44g	Calzone - 35 g.
MEAT/MA	Sloppy Joe on Bun -36 g.	*Pork Chop Sandwich -42 g.	BBQ Rib on Bun - 32 g.	Fish Sandwich- 42g	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					
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				Brown Rice -1/2 c-13 g.	
GRAIN					
GRAIN					
VEG	Sweet Potato Fries - 30 g.	Black Bean Fiesta - 34 g.	Broccoli- 4g	Green Beans - 4 g.	Mixed Vegetables-9g
VEG		Romaine Lettuce & Tomato Slice-5 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.
FRUIT	Pineapple Tidbits - 16 g.	Pears - 20 g.	Peaches 1/2 c. - 17 g.	Mandarin Oranges 1/2 c-17 g	Mixed Fruit-18 g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					Frozen Fruit Cup-18 g.
CONDIMENTS	Ketchup- 3 g. /BBQ Sauce 11g	BBQ Sauce, 11 g./Mayo-2g.		Gravy - 3g	
CONDIMENTS		Salsa/-2g Sour Cream - 3g.			

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WEEK 3	MON 11/13	TUES 11/14	WED 11/15	THU 11/16	FRI 11/17
MEAT/MA	Meatball Sub- 38g	Beef & Cheese Nachos -7 g.	Spaghetti w/Meat Sauce-23g.	Turkey & Gravy 6 oz. - 3g	Double Cheeseburger-29g
MEAT/MA	Chicken Nuggets -14 g	*Bratwurst/Bun -27g.	Cheeseburger- 29 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		Chips (1) 38 g.	Garlic Toast -11 g.		
GRAIN					
VEG	Cooked Carrots-8 g.	Black Bean Fiesta - 34 g.	Small Romaine Salad -5 g.	Mashed Potatoes -15g	California Blend-5g
VEG		Small Romaine Salad -5 g.	Broccoli- 4g	Green Beans - 4 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.
FRUIT	Pears - 20 g.	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	Applesauce-25 g.	Pineapple Tidbits - 16 g.
FRUIT				Pumpkin Pie-34.7 g.	Juice -21 g/Grape Juice 28g
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS	BBQ Sauce, 11 g.	Salsa-2 g.		Gravy - 3g	
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.		Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS		Salsa-2g/Sour Cream - 3g.	Mayo -2 g.		
Week 4	MON 11/20	TUES 11/21	WED 11/22	THU 11/23	FRI 11/24
MEAT/MA	Chicken Smackers- 20 gr.	Chicken Fiesta Sticks-40 g.			
MEAT/MA	*Pulled Pork Sandwich- 39g	Fish Taco-49g.			
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.			
MEAT/MA	Chef Salad-10g	Chef Salad-10g			
MEAT/MA	Sub -30 g.	Wrap - 30 g.			
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)			
GRAIN					
GRAIN		Corn 1/2 c-19 g.			
VEG	Cooked Carrots-8 g.	Refried Beans -30g			
VEG					
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.			
FRUIT	Pineapple Tidbits - 16 g.	Peaches 1/2 c. - 17 g.			
FRUIT		Fresh Fruit Bowl			
FRUIT					
CONDIMENTS	BBQ Sauce, 11 g.	Boom Boom Sauce-11g.			
CONDIMENTS	Mayo -2 g.	Salsa/-2gSour Cream - 3g.			
	MON 11/27	TUES 11/28	WED 11/29	THU 11/30	FRI 12/1

MEAT/MA	Chicken Patty on Bun-39 g.	Smothered Burrito-42g	Pizza BD - 43 g.	Pepper Steak Bowl-15 g.	Double Cheeseburger-29g
MEAT/MA	Hot Dog on Bun - 28 g.	Chicken Philly Sand- 28g	Chicken Nuggets -14 g	Corn Dog - 30 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				Brown Rice -1/2 c-18 g.	
VEG	Baked Beans 1/2 c-29 g.	Corn 1/2 c-19 g.	Cheesy Broccoli- 7g	Mixed Vegetables-9g	Sweet Potato Fries - 30 g.
VEG		Small Romaine Salad -5 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.
FRUIT	Pears - 20 g.	Mixed Fruit-18 g.	Pears - 20 g.	Mandarin Oranges 1/2 c-17 g	Pineapple Tidbits - 16 g.
					Juice -21 g/Grape Juice 28g
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa/-2gSour Cream - 3g.	BBQ Sauce, 11 g.	Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS					
	Dark Green	Starchy	Red/Orange	Legumes	10/17/2017

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.

