

## November Primary 2017

WEEK 1	MON 10/29	TUES 10/30	WED 11/1	THU 11/2	FRI 11/3
MEAT/MA	Cheeseburger- 29 g.	Soft Shell Taco -28 g	French Bread Cheese Pizza -33g	Ling's Orange Chicken -32 g.	Fish Fillet on WG Bun-39g.
MEAT/MA		w/Shredded Romaine			
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					
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 -18 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	Seasoned Potato Cubes-18 g.	Refried Beans-23 g.	Baby Carrots w/Dip -11g.	Peas & Carrots-9	Cheesy Broccoli-7g.
VEG	Corn 1/2 c-19 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.	Pineapple Tidbits - 16 g.	Mandarin Oranges 1/2 c-17 g	Apple sauce-25 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.	Marinara Sauce-3 g.		Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS		Sour Cream - 3g.			
WEEK 2	MON 11/6	TUES 11/7	WED 11/8	THU 11/9	FRI 11/10
MEAT/MA	Chicken Waffle Bites-10 g.	Walking Taco-29 g.	Cheese Pizza - 35 g.	Chicken Smackers- 20 gr.	BBq Rib on Bun - 32 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		Chips (1) 19 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	Cookies-			Mashed Potatoes - 17 g	
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Veggie Packs w/Dip-10g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
VEG	Green Beans - 4 g.	Black Bean Fiesta - 34 g.	Broccoli -4 g.	Cooked Carrots-8 g.	Baked Beans 1/2 c-29 g.
VEG	Fruit/Veggie Juice-	Corn 1/2 c-19 g.			
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT	Orange Smiles-21g.	Pears - 20 g.	Peaches 1/2 c. - 17 g.	Fresh Apple Slices-11g	Frozen Fruit Cup-18 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.		Gravy - 3 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	BBQ Sauce, 11 g.	Sour Cream - 3g.		BBQ Sauce, 11 g.	BBQ Sauce, 11 g.

## November Primary 2017

WEEK 3	MON 11/13	TUES 11/14	WED 11/15	THU 11/16	FRI 11/17
MEAT/MA	Chicken Patty on Bun- 39 g.	Cheese Nachos -7 g.	Spaghetti w/Meat Sauce-23g.	Turkey & Gravy 6 oz. - 3g	Beacon Street Stuffed-32g
MEAT/MA		Romaine Lettuce-1g.			
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		Chips 19 g.	Garlic Toast -11 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	Seasoned Potato Cubes-18 g.	Black Bean Fiesta - 34 g.	Small Romaine Salad -5 g.	Baked Beans 1/2 c-29 g.	Mixed Vegetables-9g
VEG			W/Cucumber-2g.		Celery Sticks w/Dip- 7 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.	Orange Smiles-21 g.	Mandarin Oranges 1/2 c-17 g	Pineapple Tidbits - 16 g.
CONDIMENTS		Salsa-2 g.			
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3g.		Ketchup- 3 g. & Mustard- 0 g.	
Week 4	MON 11/20	TUES 11/21	WED 11/22	THU 11/23	FRI 11/24
MEAT/MA	Sloppy Joe/Bun- 36g	Burrito - 39 g. w/			
MEAT/MA		Shredded Romaine -1 g.			
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.			
MEAT/MA	Chef Salad-5g	Chef Salad-5g			
MEAT/MA					
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)			
GRAIN					
GRAIN					
GRAIN					
GRAIN					
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.			
VEG	Sweet Potato Cubes - 30 g.	Black Bean Fiesta - 34 g.			
VEG					
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl			
FRUIT	Pineapple Tidbits - 16 g.	Mixed Fruit-18 g.			
FRUIT					
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.			
CONDIMENTS		Sour Cream - 3g.			
Week 5	MON 11/27	TUES 11/28	WED 11/29	THU 11/30	FRI 12/1
MEAT/MA	Cheeseburger- 29 g.	Soft Shell Taco -28 g	Cheese Pizza - 35 g.	Chicken Tenders(3)- 19 g.	Mini Corn Dog -31 g.
MEAT/MA		w/Shredded Romaine			
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 -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	Seasoned Potato Cubes-18 g.	Black Bean Fiesta - 34 g.	Veggie Packs w/Dip-10g.	Cooked Carrots-8 g.	Cheesy Broccoli-7g.
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.	Apple Slices-22g.	Pineapple Tidbits - 16 g.	Mixed Fruit-18 g.
FRUIT					
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.		Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS		Sour Cream - 3g.		BBQ Sauce, 11 g.	
					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.





