

## Intermediate November 2016

WEEK 1	MON 10/31	TUES 11/1	WED 11/2	THU 11/3	FRI 11/4
MEAT/MA	BD Cheese Pizza-36g	Beef & Cheese Nachos -7 g.	Meatball Sub- 38g	Chicken Smackers- 20 gr.	Cheese Ripper -
MEAT/MA	Philly Cheese Sandwich - 31 g.	Chicken Sandwich - 39 g.	Corn Dog - 30 g.	Pulled Pork Sandwich- 39g	See Manager
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Buffalo Pizza 35g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.
MEAT/MA	Chef Salad-10g	Chef Salad-10g	Cheese Sandwich 26 g.	Chef Salad-10g	Chef Salad-10g
MEAT/MA	Wrap - 30 g.	Wrap - 30 g.	Chef Salad-10g	Wrap - 30 g.	Sub -30 g.
GRAIN			Sub -30 g.		
GRAIN		Chips (2) 38 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					
VEG	Green Beans - 4 g.				
VEG		Small Romaine Salad -5 g.	Sweet Potato Fries - 30 g.	Broccoli- 4g	Corn 1/2 c-19 g.
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Refried Beans -30g	Mixed Vegetables-9g		Baby Carrots -11g. w/Dip-7 g.
FRUIT	Rosy Applesauce- 26g	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	Fresh Fruit Bowl	Mixed Fruit-18 g.	Pears - 20 g.	Pineapple Tidbits - 16 g.	Juice-21g Grape=28g
FRUIT	Frozen Fruit Cup-18 g.	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS		Salsa-2 g.		BBQ Sauce, 11 g.	Marinara Sauce-3 g.
CONDIMENTS		Sour Cream - 3g.			
WEEK 2	MON 11/7	TUES 11/8	WED 11/9	THU 11/10	FRI 11/11
MEAT/MA	Chicken Sandwich - 39 g.		French Bread Cheese Pizza -33g	Lings Chicken-23g	Grilled Cheesewich-27g
MEAT/MA	Hot Dog on Bun - 28 g.	NO SCHOOL	Sloppy Joe/Bun-36g.	Fish Sandwich- 42g	See Manager
MEAT/MA	Sub -30 g.		Sub -30 g.	Wrap - 30 g.	Sub -30 g.
MEAT/MA	Chef Salad-10g		Chef Salad-10g	Chef Salad-10g	Chef Salad-10g
MEAT/MA	Cheese Sandwich 26 g.		Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.
GRAIN					
GRAIN					
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-28 g.	
GRAIN					
VEG	California Blend -3 g.		Twister Fries - 15g	Cooked Carrots-8 g.	Peas -9 g.
VEG			Prince Edward - 3 g.		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 w/ Ranch Dip
FRUIT	Rosy Applesauce- 26g		Peaches 1/2 c. - 17 g.	Mandarin Oranges 1/2 c-17 g	Juice-21g Grape=28g
FRUIT	Fresh Fruit Bowl		Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					Mixed Fruit-18 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.		Ketchup- 3 g. & Mustard- 0 g.		Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	BBQ Sauce, 11 g.		Marinara Sauce-3 g.		

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WEEK 3	MON 11/14	TUES 11/15	WED 11/16	THU 11/17	FRI 11/18
MEAT/MA	Double Cheeseburger-29g	Taco Salad w/ Fritos - 35 g.	Spaghetti w/Meat Sauce-23g.	Turkey & Gravy 6 oz - 3g	Calzone - 35 g.
MEAT/MA	Chicken Sandwich - 39 g.	BBQ Rib on Bun - 32 g.	Fish Sticks-19g.	Pork Chop Sand- 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.
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			Garlic Toast -11 g.		
GRAIN					
VEG	Baked Beans -29g	Black Bean Fiesta - 34 g.	Green Beans - 4 g.	Mashed Potatoes -15g	Small Romaine Salad -5 g.
VEG	Sweet Potato Fries - 30 g.	Shredded Romain -1 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	California Blend-5g	Conquest Fries - 21g
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.	Pineapple Tidbits - 16 g.	Mixed Fruit-18 g.	Frozen Fruit Cup-18 g.	Juice-21g Grape=28g
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Pears - 20 g.
CONDIMENTS	BBQ Sauce, 11 g.	Salsa-2 g.		Gravy - 3g	Fresh Fruit Bowl
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	
Week 4	MON 11/21	TUES 11/22	WED 11/23	THU 11/24	FRI 11/25
MEAT/MA	Philly Cheese Sandwich - 31 g.	Sausage Patty (1) 5g			
MEAT/MA	Chicken Tenders - 4=19g	Cheesy Italian Stuffer-34g			
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	NO SCHOOL	NO SCHOOL	NO SCHOOL
MEAT/MA	Chef Salad-10g	Chef Salad-10g			
MEAT/MA	Sub -30 g.	Sub -30 g.			
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)			
GRAIN		French Toast- 29g			
GRAIN					
GRAIN					
GRAIN					
VEG	Cooked Spinach-4g				
VEG	Cheesy Cauliflower- 7g	Seasoned Potato Cubes-18 g.			
VEG	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.	Apple sauce-25 g.			
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl			
FRUIT					
CONDIMENTS	BBQ Sauce, 11 g.	Ketchup- 3 g. & Mustard- 0 g.			
CONDIMENTS	Mayo -2 g.	Syrup -28 g.			

Week 5	MON 11/28	TUES 11/29	WED 11/30		
MEAT/MA	Chicken Tenders - 4=19g	Smothered Burrito-42g	Chicken Penne Alfredo -29 g.		
MEAT/MA	Pork Chop Sand- 42g	Fish Taco-49g.	Hot Dog on Bun - 28 g.		
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.		
MEAT/MA	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g		
MEAT/MA	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)		
GRAIN			Garlic Toast -11 g.		
GRAIN					
VEG	California Blend-5g	Refried Beans -30g	Broccoli- 4g		
VEG	Sweet Potato Fries - 30 g.	Small Romaine Salad -5 g.	Corn 1/2 c-19 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.		
FRUIT	Pineapple Tidbits - 16 g.	Mixed Fruit-18 g.	Pears - 20 g.		
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl		
FRUIT					
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3 g.	Ketchup- 3 g. & Mustard- 0 g.		
CONDIMENTS	BBQ Sauce, 11 g.	Salsa-2 g./Boom Boom Sauce-11g.			
	<b>Dark Green</b>	<b>Starchy</b>	<b>Red/Orange</b>	<b>Legumes</b>	9/11/2016

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. Petie Banana - 18 g. Salad Dressing: Ranch - 7 g. French -9 g.







