

Primary November 2016

WEEK 1	MON 10/31	TUES 11/1	WED 11/2	THUR 11/3	FRI 11/4
MEAT/MA	Sloppy Joe on Bun -36 g.	Burrito - 39 g. w/	Cheesy Breadstick - 36 g.	Chicken Nuggets(4)- 14 g.	Hot Dog on Bun - 28 g.
MEAT/MA		Shredded Romain -1 g.			
MEAT/MA	Cheese Sandwich 26 g.				
MEAT/MA	Chef Salad-5g	Chef Salad-5g	Chef Salad-5g	Chef Salad-5g	Chef Salad-5g
MEAT/MA		Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.
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)				
VEG	Sweet Potato Fries - 30 g.		Green Beans - 4 g.		
VEG		Black Bean Fiesta - 34 g.	Romaine Lettuce - 1 g.	Cheesy Broccoli -7 g.	Baked Beans 1/2 c-29 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	Pineapple Tidbits - 16 g.				Frozen Fruit Cup-18 g.
FRUIT	Fresh Fruit Bowl	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Rosy Applesauce-25g.	Fresh Fruit Bowl
CONDIMENTS	Raw Veggies-6 g. w/Ranch Dip -3 g.	Fresh Fruit BOWL	Fresh Fruit Bowl		Mandarin Oranges 1/2 c-17 g
		Salsa-2 g.		Ketchup- 3 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS		Sour Cream - 3g.	Marinara Sauce-3 g.	BBQ Sauce, 11 g.	
WEEK 2	MON 11/7	TUES 11/8	WED 11/9	THUR 11/10	FRI 11/11
MEAT/MA	Chicken Patty on Bun-39 g.		Cheesy Pepperoni Bites-31g	King of Orange Chicken - 19 g.	Grilled Cheese -31 g.
MEAT/MA					
MEAT/MA				Cheese Sandwich 26 g.	
MEAT/MA	Chef Salad-5g		Chef Salad-5g	Chef Salad-5g	Chef Salad-5g
MEAT/MA	Cheese Sandwich 26 g.		Cheese Sandwich 26 g.		Cheese Sandwich 26 g.
GRAIN	Dinner Roll -12g. (1 grain)		Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	
GRAIN				Rice -27 g.	
GRAIN					Dinner Roll -12g(1 grain)
GRAIN			Small Romaine Salad -5 g.	Peas & Carrots	
GRAIN			with Grape Tomatoes		
VEG	Green Beans - 4 g.				Seasoned Potato Cubes-18 g.
VEG	Sweet Potato Fries - 30 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	Mixed Fruit-18 g.		Pears - 20 g.	Mandarin Oranges 1/2 c-17 g	Pineapple Tidbits - 16 g.
FRUIT	Fresh Fruit Bowl		Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS					
CONDIMENTS	ketchup- 3 g. & mustard- 0 g.				
		Primary November 2016			
WEEK 3	MON 11/14	TUES 11/15	WED 11/16	THUR 11/17	FRI 11/18
MEAT/MA	Mini Corn Dog -31 g.	Nacho Lil' Bites-32g.	Spaghetti w/Meat Sauce-23g.	Turkey & Gravy - 3 g.	Mac & Cheese -23 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	Chef Salad-5g
MEAT/MA				Cheese Sandwich 26 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			Garlic Toast -11 g.		
GRAIN					
VEG	Baked Beans 1/2 c-29 g.	Refried Beans-23 g.	Green Beans - 4 g.	California Blend -	
VEG	Sweet Potato Fries - 30 g.	Small Romaine Salad -5 g.	Small Romaine Salad -5 g.	Mashed Potatoes - 17 g	Peas -9 g.
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	with Grape Tomatoes	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	
VEG		Raw Veggies-6 g. w/Ranch Dip -3 g.		MIXED FRUIT-18 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT	Peaches 1/2 c. - 17 g.	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Fresh Fruit Bowl	Frozen Fruit Cup-18 g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Gravy - 3 g.	Fresh Fruit Bowl
CONDIMENTS		Salsa-2 g.			
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3g.			
Week 4	MON 11/21	TUES 11/22	WED 11/23	THUR 11/24	FRI 11/25
MEAT/MA	Cheese burger-29g.	Sausage Patty(1) - 1 g.			
MEAT/MA					
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		French Toast -29 g.			
GRAIN					
GRAIN					
VEG	Sweet Potato Fries - 30 g.	Seasoned Potato Cubes-18 g.			
VEG					
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.	Cinnamon Applesauce - 25 g.			
FRUIT	Fresh Fruit Bowl	100% Fruit Juice 21 g.			
FRUIT		Fresh Fruit Bowl			
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Syrup -31 g.			
CONDIMENTS					
Week 5	MON 11/28	TUES 11/29	WED 11/30		
MEAT/MA	Chicken Tenders(3)- 19 g.	Chicken Enchilada-36g	Pizza -34 g		
MEAT/MA		w/Shredded Romaine			
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		

MEAT/MA					
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)		
GRAIN					
GRAIN					
GRAIN					
VEG	Mashed Potatoes - 17 g	Black Bean Fiesta - 34 g.	Fresh Broccoli Florets -3 g &		
VEG	Green Beans - 4 g.		Fresh Cauliflower Florets -2		
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	w/Dip-7 g.		
FRUIT	Cinnamon Applesauce - 25 g.	Mixed Fruit-18 g.	Pears - 20 g.		
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl		
FRUIT					
CONDIMENTS	Gravy - 3 g. Ketchup- 3 g.	Salsa-2 g.			
CONDIMENTS	BBQ Sauce, 11 g.	Sour Cream - 3g.			
	Dark Green	Starchy	Red/Orange	Legumes	10/12/2016

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.

