

October 2018 Elementary

WEEK 1

MEAT/MA	Chicken Tenders(3)- 19 g.	Cheese Cup-14 g.	Cheese Pizza - 35 g.	Cheeseburger- 29 g.	Fish Sticks-19g.
MEAT/MA		WG Pretzels-25 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					
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.	Raw Veggies-6 g. w/Ranch Dip -3 g.
VEG	Baked Beans 1/2 c-29 g.	Shredded Romain & Diced Tomatoes-3g.	Corn 1/2 c-19 g.	Sweet Potato Fries - 30 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.	Fresh Fruit	Pears - 20 g.	Applesauce-25g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.		Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	BBQ Sauce, 11 g.	Sour Cream - 3g.			Tartar Sauce-3g.

WEEK 2

MEAT/MA	Chicken Nuggets -14 g	Burrito - 39 g.	Scrambled Eggs-1g.	Ling's Orange Chicken -19 g.	Cheese Rippers-31 g.
MEAT/MA			Sausage Patty-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
GRAIN		Crumpets (1) 17 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			Biscuit-1/2 - 13.5g.	Brown Rice -27 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	Maple Roast Sweet Potato - 35 g.	Black Bean Fiesta - 34 g.	Hash Brown Smiles-25g.	Peas & Carrots-9	Baked Beans-29g.
VEG			Hash Brown Tringales-14g. each		
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT	Pineapple Tidbits - 16 g.	Pears - 20 g.	Baked Apples-56g.	Mandarin Oranges 1/2 c-17 g	Applesauce-25g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.	Jelly-9g.		Marinara Sauce-3 g.
CONDIMENTS	BBQ Sauce, 11 g.	Sour Cream - 3g.			

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WEEK 3

MEAT/MA	Chicken Patty on Bun- 39 g.	Walking Taco-29g.	WG Pepp. Pizza-36g.		
MEAT/MA		Shredded Romain -1 g.			
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		Chips 19 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.		
VEG	Sweet Potato Fries - 30 g.	Corn 1/2 c-19 g.	Broccoli -4 g.		
VEG		Shredded Romain & Diced Tomatoes-3g.			
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl		
FRUIT	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Orange Smiles-21 g.		
CONDIMENTS		Salsa-2 g.			
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3g.			
Week 4					
MEAT/MA	Spaghetti w/Meat Sauce-23g.	Chicken & Cheese Enchilada-g.	Mozzarella Sticks-31 g.	Chicken Smackers- 20 gr.	Mac & Cheese-43g.
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
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	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.	Refried Beans-22 g.	Broccoli -4 g.	Mashed Potatoes -15g	Peas -9 g.
VEG			Romaine Side Salad-5g.	Cooked Carrots-8 g.	
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	Fresh Fruit	Applesauce-25g.	Pears - 20 g.
FRUIT					
CONDIMENTS		Salsa-2 g.		Gravy - 3 g./Ketchup-3 g.	
CONDIMENTS		Sour Cream - 3g.	Marinara Sauce-3 g.	BBQ Sauce, 11 g.	
WEEK 5					
MEAT/MA	Chicken Tenders(3)- 19 g.	Cheese Cup-14 g.	Cheese Pizza - 35 g.	Cheeseburger- 29 g.	Fish Sticks-19g.
MEAT/MA		WG Pretzels-25 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					
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.	Raw Veggies-6 g. w/Ranch Dip -3 g.
VEG	Baked Beans 1/2 c-29 g.	Shredded Romain & Diced Tomatoes-3g.	Corn 1/2 c-19 g.	Sweet Potato Fries - 30 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.	Fresh Fruit	Pears - 20 g.	Applesauce-25g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.		Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	BBQ Sauce, 11 g.	Sour Cream - 3g.			Tartar Sauce-3g.
					9/10/2018

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

