

Primary September 2016

WEEK 1				THU 9/1	FRI 9/2
MEAT/MA				Sausage Patty(1) - 1 g.	Cold Sandwich Wedge- 28 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.	Sun Chips - 18 g.
VEG				Seasoned Potato Cubes-18 g.	Baby Carrots -11g. w/
VEG					Ranch Dip 7 g.
VEG				Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT				Cinnamon Applesauce - 25 g.	Frozen Fruit Cup-18 g.
FRUIT				100% Fruit Juice 21 g.	
CONDIMENTS				Fresh Fruit Bowl	Fresh Fruit Bowl
				Syrup -31 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS					Mayo -2 g.
WEEK 2	MON 9/5	TUES 9/6	WED 9/7	THUR 9/8	FRI 9/10
MEAT/MA	NO SCHOOL	Chicken Smackers- 20 gr.	Cheesy Breadstick - 36 g.	Turkey & Gravy - 3 g.	Hot Dog on Bun - 28 g.
MEAT/MA					
MEAT/MA					
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.	Cheese Sandwich 26 g.
GRAIN		Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)		
GRAIN					
GRAIN		Bug Bites (1 grain)		Dinner Roll -12g(1 grain)	Dinner Roll -12g(1 grain)
GRAIN					
GRAIN					
VEG		Cheesy Broccoli -7 g.	Green Beans - 4 g.	California Blend -	Baked Beans 1/2 c-29 g.
VEG			Romaine Lettuce - 1 g.	Mashed Potatoes - 17 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		Pineapple Tidbits - 16 g.	Pears - 20 g.	Mixed Fruit-18 g.	Frozen Fruit Cup-18 g.
FRUIT		Fresh Fruit Bowl		Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS		Ketchup- 3 g. & Mustard- 0 g.	Fresh Fruit Bowl	Gravy -	Mandarin Oranges 1/2 c-17 g
CONDIMENTS		BBQ Sauce, 11 g.	Marinara Sauce-3 g.		Ketchup- 3 g. & Mustard- 0 g.
Primary September 2016					
WEEK 3	MON 9/12	TUE 9/13	WED 9/14	THU 9/15	FRI 9/16

MEAT/MA	Chicken Patty on Bun-39 g.	Burrito - 39 g. w/	French Bread Pizza - 33 g.	Ling's Orange Chicken -19 g.	Grilled Cheese -31 g.
MEAT/MA		Shredded Romain -1 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
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				Fried Rice -27 g.	
GRAIN					
VEG	Green Beans - 4 g.	Black Bean Fiesta - 34 g.	Small Romaine Salad -5 g.	Peas & Carrots	Seasoned Potato Cubes-18 g.
VEG			with Grape Tomatoes		
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	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 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	Fresh Fruit Bowl
CONDIMENTS		Salsa-2 g.			
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3g.	Marinara Sauce-3 g.		
Week 4	MON 9/19	TUE 9/20	WED 9/21	THU 9/22	FRI 9/23
MEAT/MA	Mini Corn Dog -31 g.	Beef & Cheese Nachos -7 g.	Spaghetti w/Meat Sauce	Chicken Tenders(4)- 19 g.	Cheeseburger- 29 g.
MEAT/MA		Shredded Romain -1 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
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 (1) 38 g.	Garlic Bread (1) - 11 g.	French Toast -29 g.	Sun Chips - 18 g.
GRAIN					
GRAIN					
GRAIN					
VEG	Baked Beans 1/2 c-29 g.	Refried Beans-23 g.	Small Romaine Salad -5 g.	Cooked Carrots-8 g.	Corn 1/2 c-19 g.
VEG	Sweet Potato Fries - 30 g.		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	Peaches 1/2 c. - 17 g.	Frozen Fruit Cup-18 g.	Pears - 20 g.	Cinnamon Applesauce - 25 g.	Mixed Fruit-18 g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	100% Fruit Juice 21 g.	
FRUIT				Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.			Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	Mayo -2 g.	Sour Cream - 3g.		BBQ Sauce, 11 g.	Mayo -2 g.
Week 5	MON 9/26	TUE 9/27	WED 9/28	THU 9/29	FRI 9/30
MEAT/MA	Sloppy Joe on Bun -36 g.	Soft Shell Taco -28 g	Pizza -34 g	Chicken Smackers- 20 g	Mac & Cheese -23 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
MEAT/MA					
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					
GRAIN					
GRAIN					
VEG	Sweet Potato Fries - 30 g.	Refried Beans-23 g.	Fresh Broccoli Florets -3 g &	Mashed Potatoes -17 g.	Peas -9 g.
VEG			Fresh Cauliflower Florets -2	Green Beans -4 g.	Shredded Romain -1 g.
VEG			w/Dip-7 g.		
FRUIT	Pineapple Tidbits - 16 g.	Peaches 1/2 c. - 17 g.	Fresh Fruit	Rosy Applesauce-25 g.	Frozen Fruit Cup-18 g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					
CONDIMENTS		Salsa-2 g.		Gravy 1oz. -3 g	
CONDIMENTS		Sour Cream - 3g.			
	Dark Green	Starchy	Red/Orange	Legumes	8/28/2016

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.

