

Intermediate September 2016

WEEK 1	MON 9/5	TUES 9/6	WED 9/7	THU 9/8	FRI 9/9
MEAT/MA	NO SCHOOL	Beef & Cheese Nachos -7 g.	Meatball Sub- 38g	Chicken Smackers- 20 gr.	Cheese Ripper -
MEAT/MA		Chicken Sandwich - 39 g.	SW Chicken Wrap-38 g	Pulled Pork Sandwich- 39g	See Manager
MEAT/MA		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
MEAT/MA		Wrap - 30 g.	Sub -30 g.	Wrap - 30 g.	Sub -30 g.
GRAIN					
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)
GRAIN					
GRAIN					
VEG		Small Romaine Salad -5 g.	Sweet Potato Fries - 30 g.	Broccoli- 4g	Corn 1/2 c-19 g.
VEG		Refried Beans -30g	Green Beans - 4 g.		Baby Carrots -11g. w/Dip-7 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		Peaches 1/2 c. - 17 g.	Pears - 20 g.	Pineapple Tidbits - 16 g.	Frozen Fruit Cup-18 g.
FRUIT		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 9/12	TUES 9/13	WED 9/14	THU 9/15	FRI 9/16
MEAT/MA	Chicken Sandwich - 39 g.	Taco Salad w/Fritos-39 g.	French Bread Cheese Pizza -33g	Lings Chicken-23g	Grilled Cheesewich-27g
MEAT/MA	Hot Dog on Bun - 28 g.	BBQ Rib on Bun - 32 g.	Bacon Cheeseburger-29g	Fish Sandwich- 42g	See Manager
MEAT/MA	Sub -30 g.	Wrap - 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	Chef Salad-10g
MEAT/MA	Cheese Sandwich 26 g.	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)	Dinner Roll -12g(1 grain)
GRAIN				Brown Rice -1/2 c-28 g.	
GRAIN					
VEG	California Blend -3 g.	Black Bean Fiesta - 34 g.	Twister Fries - 15g	Cooked Carrots-8 g.	Mixed Vegetables-9g
VEG		Shredded Romain -1 g.	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-6 g. w/Ranch Dip -3 g.	Raw Veggies w/ Ranch Dip
FRUIT	Rosy Applesauce- 26g	Pineapple Tidbits - 16 g.	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	Fresh Fruit Bowl
FRUIT					Mixed Fruit-18 g.
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.	Marinara Sauce-3 g.		
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WEEK 3	MON 9/19	TUES 9/20	WED 9/21	THU 9/22	FRI 9/23
MEAT/MA	Double Cheeseburger-29g	Smothered Burrito-42g	Turkey & Gravy 6 oz - 3g	Beef Broccoli Rice Bowl	BD Cheese Pizza-36g
MEAT/MA	Chicken Sandwich - 39 g.	Chicken Philly Sand- 28g	Pork Chop Sand- 42g	Sloppy Joe/Bun- 36g	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		Chips (2) 38 g.			
GRAIN		Eatable Bowl -20 g.			
VEG	Baked Beans -29g	Corn 1/2 c-19 g.	Mashed Potatoes -15g	Green Beans - 4 g.	Small Romaine Salad -5 g.
VEG	Sweet Potato Fries - 30 g.	Small Romaine Salad -5 g.	California Blend-5g	Broccoli- 4g	Cooked Carrots-8 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	Pears - 20 g.	Pineapple Tidbits - 16 g.	Mixed Fruit-18 g.	Mandarin Oranges 1/2 c-17 g	Rosy Applesauce- 26g
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS	BBQ Sauce, 11 g.	Salsa-2 g.	Gravy - 3g	BBQ Sauce, 11 g.	
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3 g.	Ketchup- 3 g. & Mustard- 0 g.		Ketchup- 3 g. & Mustard- 0 g.
Week 4	MON 9/26	TUES 9/27	WED 9/28	THU 9/29	FRI 9/30
MEAT/MA	Philly Cheese Sandwich - 31 g.	Chicken Enchilada-36g	Lasagna-33g	Ling's Orange Chicken -19 g.	Calzone - 35 g.
MEAT/MA	Chicken Tenders - 4=19g	BBQ Beef Rib Sandwich-32g	Bratwurst- 27g	Fish Sandwich - 39 g.	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.
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.	Fried Rice -27 g.	
GRAIN					
GRAIN					
VEG	Cooked Spinach-4g	Black Bean Fiesta - 34 g.	Prince Edward - 3 g.	Green Beans - 4 g.	Small Romaine Salad -5 g.
VEG	Cheesy Cauliflower- 7g	Corn 1/2 c-19 g.	Small Romaine Salad -5 g.	Cooked Carrots-8 g.	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.	Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT	Peaches 1/2 c. - 17 g.	Mixed Fruit-18 g.	Pineapple Tidbits - 16 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	Pears - 20 g.
FRUIT		BBQ Sauce, 11 g.			Fresh Fruit Bowl
CONDIMENTS	BBQ Sauce, 11 g.	Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 g.		

CONDIMENTS	Mayo -2 g.	Sour Cream - 3g.			
	Dark Green	Starchy	Red/Orange	Legumes	8/11/2016

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

