

Intermediate February 2017

WEEK 1	MON	TUES	WED 02/01	THUR 02/02	FRI 02/03
MEAT/MA			Asian Chicken Stir Fry-44g.	Meatball Sub- 38g	Buffalo Pizza 35g.
MEAT/MA			Hot Dog on Bun - 28 g.	Stuff Cheese Sandwich-34 g.	Manager Choice-see Mgr.
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			Fried Rice 23g./54g.(mins)		
VEG			Normandy Blend-4g.	Prince Edward - 3 g.	Green Beans - 4 g.
VEG					
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			Pears - 20 g.		Pineapple Tidbits - 16 g.
FRUIT			Fresh Fruit Bowl	Applesauce 1/2c -14g	Juice-21g Grape=28g
CONDIMENTS				Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS				Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS			Ketchup- 3 g. & Mustard- 0 g.	BBQ Sauce, 11 g.	
WEEK 2	MON 02/06	TUES 02/07	WED 02/08	THUR 02/09	FRI 02/10
MEAT/MA	Chicken Patty on Bun-39 g.	Soft Taco-23g	Lings Chicken-23g	Chicken Penne Alfredo -29 g.	Cheese Ripper -
MEAT/MA	Philly Cheese Sandwich - 31 g.	BBQ Rib on Bun - 32 g.	Grilled Cheesewich-27g	*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.
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) 19 g.	Brown Rice -1/2 c-28 g.	Garlic Toast -11 g.	
GRAIN					
GRAIN					
VEG	California Blend-5g	Black Bean Fiesta - 34 g.	Mixed Vegetables-9g		Sweet Potato Fries - 30 g.
VEG		Shredded Romain -1 g.		Broccoli- 4g	Cooked Spinach-4g
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	Rosy Applesauce- 26g	Pears - 20 g.	Mandarin Oranges 1/2 c-17 g	Peaches 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.			Juice-21g Grape=28g
CONDIMENTS		Sour Cream - 3g.		Ketchup- 3 g. & Mustard- 0 g.	
		Intermediate February 2017			
WEEK 3	MON 02/13	TUES 02/14	WED 02/15	THUR 02/16	FRI 02/17
MEAT/MA	Double Cheeseburger-29g	Baked Chicken-19 g.	Beef Broccoli Rice Bowl	Spaghetti w/Meat Sauce-23g.	Calzone - 35 g.
MEAT/MA	Corn Dog - 30 g.	Mgr. Choice-see Mgr.	Sloppy Joe/Bun- 36g	Gyro w/Cucumber Sauce-31g	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	Wrap-30 g.	Sub -30 g.	Wrap -30 g.	Sub -30 g.	Wrap -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.	
GRAIN				Small Romaine Salad -5 g.	Cooked Carrots-8 g.
VEG	Sweet Potato Fries - 30 g.	Green Beans - 4 g.	Broccoli- 4g	with Grape Tomatoes	Cooked Spinach-4g
VEG	Baked Beans -29g	Mashed Potatoes -15g	California Blend-5g	Prince Edward - 3 g.	
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Shri	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	Apple sauce-25 g.	Peaches 1/2 c. - 17 g.	Mandarin Oranges 1/2 c-17 g	Peaches 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	Ketchup- 3 g. & Mustard- 0 g.	Gravy - 3g	Ketchup- 3 g. & Mustard- 0 g.		Juice-21g Grape=28g
CONDIMENTS		Cookie-	BBQ Sauce, 11 g.		
Week 4	MON 02/20	TUES 02/21	WED 02/22	THUR 02/23	FRI 02/24
MEAT/MA	NO SCHOOL	Beef & Cheese Nachos -7 g.	Turkey & Gravy 6 oz - 3g	French Bread Cheese Pizza -33g	Chicken Tenders - 4=19g
MEAT/MA		Fish Sticks-23 g.	Pork Chop Sand- 42g	Hot Dog on Bun - 28 g.	Manager Choice-see Mgr.
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		Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN					
GRAIN					
GRAIN				Small Romaine Salad -5 g.	
VEG		Small Romaine Salad -5 g.	Mashed Potatoes -15g	with Grape Tomatoes	Peas -9 g.
VEG		Refried Beans -30g	Broccoli- 4g	Prince Edward - 3 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		Pears - 20 g.	Mandarin Oranges 1/2 c-17 g	Peaches 1/2 c. - 17 g.	Pineapple Tidbits - 16 g.
FRUIT		Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					
CONDIMENTS		Salsa-2 g.	Gravy - 3g	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS		Sour Cream - 3g.		Marinara Sauce-3 g.	BBQ Sauce, 11 g.
Week 5	MON 02/27	TUE 02/28			
MEAT/MA	BD Cheese Pizza-36g	Shrimp Poor Boy Sandwich-51g.			
MEAT/MA	Chicken Philly Sand- 28g	Chicken Waffle Bites-10 g.			
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.			
MEAT/MA	Chef Salad-10g	Chef Salad-10g			
MEAT/MA	Sub -30 g.	Wrap -30 g.			

GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)			
GRAIN					
GRAIN					
GRAIN		Rice w/Red Beans			
VEG	Asparagus-3g.				
VEG					
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.			
FRUIT	Rosy Applesauce- 26g	Mixed Fruit-18 g.			
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl			
FRUIT		Strawberry Dessert			
CONDIMENTS		BBQ Sauce, 11 g.			
CONDIMENTS		Boom,Boom Sauce-11g.			
	Dark Green	Starchy	Red/Orange	Legumes	1/17/2017

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.

