

Primary February 2017

WEEK 1				WED 02/01	THUR 02/02	FRI 02/03
MEAT/MA				Beef Fingers-19 g.	Eng 3 Orange Chicken -19 g.	Fish Patty on Bun-35 g.
MEAT/MA						
MEAT/MA						
MEAT/MA				Cheese Sandwich 26 g.	Chef Salad-5g	Chef Salad-5g
MEAT/MA				Chef Salad-5g	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.	
VEG				Mashed Potatoes - 17 g		Sweet Potato Cubeses - 30 g.
VEG				Corn 1/2 c-19 g.	Peas & Carrots-9	
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				Applesauce 1/2c -14g	Mandarin Oranges 1/2 c-17 g	Pears - 20 g.
FRUIT				Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS						
CONDIMENTS				Gravy - 3 g.		
CONDIMENTS				BBQ Sauce, 11 g.		
WEEK 2		MON 02/06	TUES 02/07	WED 02/08	THUR 02/09	FRI 02/10
MEAT/MA	Mini Corn Dog -31 g.	Burrito - 39 g. w/	Chicken Waffle Bites-10 g.	Cheesy Pepperoni Bites-31g.	Grilled Cheese -31 g.	
MEAT/MA		Shredded Romain -1 g.	W/Dinner Roll-12g.			
MEAT/MA						
MEAT/MA	Chef Salad-5g	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.	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)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN						
GRAIN						
VEG		Black Bean Fiesta - 34 g.	Tater Tringles-22g.	Green Beans - 4 g.	Peas -9 g.	
VEG	Sweet Potato Cubeses - 30 g.		Broccoli -4 g.		Tomato Soup 11-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.	Oranger Smiles-21 g.	Frozen Fruit Cup-18 g.	
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	
CONDIMENTS		Salsa-2 g.	Ketchup- 3 g.			
CONDIMENTS	ketchup- 3 g. & mustard-0 g.	Sour Cream - 3g.	BBQ Sauce, 11 g.			
Primary February 2017						
WEEK 3		MON 02/13	TUES 02/14	WED 02/15	THUR 02/16	FRI 02/17
MEAT/MA	Cheeseburger-29g.	Baked Chicken-19 g.	Spaghetti w/Meat Sauce-23g.	Chicken Patty on Bun-39 g.	Cheesy Breadstick - 36 g.	
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		Cookie-	Garlic Toast -11 g.		
GRAIN					
VEG	Baked Beans 1/2 c-29 g.	Mashed Potatoes - 17 g	Small Romaine Salad -5 g.	Sweet Potato Fries - 30 g.	Cooked Carrots-8 g.
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Corn 1/2 c-19 g.	W/Cucumber-2g.	Broccoli -4 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
VEG		Raw Veggies-6 g. w/Ranch Dip -3 g.	Green Beans - 4 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	
VEG			Raw Veggies-6 g. w/Ranch Dip -3 g.		
FRUIT	Peaches 1/2 c. - 17 g.	Mandarin Oranges 1/2 c-17 g	Pears - 20 g.	Oranges & Kiwi-14 g.	Applesauce 1/2c -14g
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS		Gravy - 3 g.		BBQ Sauce, 11 g.	
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.			Ketchup- 3 g. & Mustard- 0 g.	Marinara Sauce-3 g.
Week 4	MON 02/20	TUES 02/21	WED 02/22	THUR 02/23	FRI 02/24
MEAT/MA		Nacho Lil' Bites-32g.	Hot Dog on Bun - 28 g.	Mozzarella Sticks-31g.	Sloppy Joe on Bun -36 g.
MEAT/MA					
MEAT/MA		Cheese Sandwich 26 g.	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.
GRAIN		Dinner Roll -12g. (1 grain)	Dinner Roll -12g(1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN					
GRAIN					
GRAIN		Refried Beans-23 g.	Cheesy Broccoli -7 g.	California Blend-5g	Sweet Potato Cubes - 30 g.
VEG		Small Romaine Salad -5 g.	Carrots & Celery Sticks	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
VEG		with Grape Tomatoes	W/Dip-9g.		
VEG		Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.		
FRUIT		Mixed Fruit-18 g.	Applesauce 1/2c -14g	Mixed Fruit-18 g.	Pineapple Tidbits - 16 g.
FRUIT		Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					
CONDIMENTS		Salsa-2 g.		Marinara Sauce-3 g.	
CONDIMENTS		Sour Cream - 3g.	Ketchup- 3 g. & Mustard- 0 g.		
Week 5	MON 02/27	TUE 02/28			
MEAT/MA	Chicken Tenders(3)- 19 g.	Soft Shell Taco -28 g			
MEAT/MA					
MEAT/MA	Cheese Sandwich 26 g.	Chef Salad-5g			
MEAT/MA	Chef Salad-5g	Cheese Sandwich 26 g.			
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)			
GRAIN					
GRAIN					

GRAIN					
VEG	Mashed Potatoes - 17 g	Refried Beans-23 g.			
VEG	Broccoli -4 g.	Small Romaine Salad -5 g.			
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	with Grape Tomatoes			
VEG		Raw Veggies-6 g. w/Ranch Dip -3 g.			
FRUIT	Rosy Applesauce - 25g.	Pears - 20 g.			
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl			
FRUIT					
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.			
CONDIMENTS	Gravy - 3 g./BBQ Sauce-11 g.	Sour Cream - 3g.			
	Dark Green	Starchy	Red/Orange	Legumes	1/20/2017

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

