

Primary January 2017

WEEK 1	MON 01/09	TUES 01/10	WED 01/11	THUR 01/12	FRI 01/13
MEAT/MA	Mini Corn Dog -31 g.	Mozzarella Sticks-31g.	Beef Fingers-19 g.	Ling's Orange Chicken -19 g.	
MEAT/MA					NO SCHOOL
MEAT/MA					
MEAT/MA	Chef Salad-5g	Chef Salad-5g	Cheese Sandwich 26 g.	Chef Salad-5g	
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Chef Salad-5g	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				Rice -27 g.	
VEG	Baked Beans 1/2 c-29 g.		Mashed Potatoes - 17 g		
VEG	Sweet Potato Cubeses - 30 g.	Small Romaine Salad -5 g.	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.	Raw Veggies-6 g. w/Ranch Dip -3 g.	
FRUIT	Peaches 1/2 c. - 17 g.	Mixed Fruit-18 g.	Applesauce 1/2c -14g	Mandarin Oranges 1/2 c-17 g	
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	
CONDIMENTS					
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Marinara Sauce-3 g.	Gravy - 3 g.		
CONDIMENTS			BBQ Sauce, 11 g.		
WEEK 2	MON 01/16	TUES 01/17	WED 01/18	THUR 01/19	FRI 01/20
MEAT/MA	NO SCHOOL	Chicken Enchilada-36g	Chicken Waffle Bites-10 g.	Cheesy Pepperoni Bites-31g.	Fish Patty on Bun-35 g.
MEAT/MA			W/Dinner Roll-12g.		
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)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN					
GRAIN					
GRAIN					
VEG		Black Bean Fiesta - 34 g.	Tater Tringles-22g.	Green Beans - 4 g.	Sweet Potato Cubeses - 30 g.
VEG		Shredded Romain -1 g.			Cheesy Broccoli-7g.
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		Peaches 1/2 c. - 17 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
CONDIMENTS		Salsa-2 g.	Ketchup- 3 g.		
CONDIMENTS		Sour Cream - 3g.	BBQ Sauce, 11 g.		Ketchup- 3 g.
		Primary January 2017			
WEEK 3	MON 01/23	TUES 01/24	WED 01/25	THUR 01/26	FRI 01/27
MEAT/MA	Cheeseburger-29g.	Soft Shell Taco -28 g	Chicken Patty on Bun-39 g.	Spaghetti w/Meat Sauce-23g.	Cheesy Breadstick - 36 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	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	Seasoned Potato Cubes-18 g.	Refried Beans-23 g.	Sweet Potato Fries - 30 g.	Green Beans - 4 g.	Cooked Carrots-8 g.
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Broccoli -4 g.	Small Romaine Salad -5 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
VEG			Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	
VEG					
FRUIT	Peaches 1/2 c. - 17 g.	Pineapple Tidbits - 16 g.	Oranges & Kiwi-14 g.	Pears - 20 g.	Applesauce 1/2c -14g
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS		Salsa-2 g.	BBQ Sauce, 11 g.		
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3g.	Ketchup- 3 g. & Mustard- 0 g.		Marinara Sauce-3 g.
Week 4	MON 01/30	TUES 01/31			
MEAT/MA	Chicken Tenders(3)- 19 g.	Nacho Lil' Bites-32g.			
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					
GRAIN					
GRAIN		Refried Beans-23 g.			
VEG	Mashed Potatoes - 17 g	Small Romaine Salad -5 g.			
VEG	Broccoli -4 g.	with Grape Tomatoes			
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.			
FRUIT	Rosy Applesauce - 25g.	Mixed Fruit-18 g.			
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl			
FRUIT		Salsa-2 g.			
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3g.			
CONDIMENTS	Gravy - 3 g./BBQ Sauce-11 g.				
Week 5					
MEAT/MA					
MEAT/MA					
MEAT/MA					

MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN					
GRAIN					
GRAIN					
VEG					
VEG					
VEG					
FRUIT					
FRUIT					
FRUIT					
CONDIMENTS					
CONDIMENTS					
	Dark Green	Starchy	Red/Orange	Legumes	12/6/2016

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.

