

## Intermediate October 2016

WEEK 1	MON 10/3	TUES 10/4	WED 10/5	THU 10/6	FRI 10/7
MEAT/MA	Bosco Stick ( 1) -21 g.	Beef & Cheese Nachos -7 g.	Meatball Sub- 38g	Chicken Smackers- 20 gr.	Cheese Ripper -
MEAT/MA	Chili 4oz.	Chicken Sandwich - 39 g.	Corn Dog - 30 g.	Pulled Pork Sandwich- 39g	See Manager
MEAT/MA	SW Chicken Wrap-38 g	Cheese Sandwich 26 g.	Buffalo Pizza	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.
MEAT/MA	Cheese Sandwich 26 g.	Chef Salad-10g	Cheese Sandwich 26 g.	Chef Salad-10g	Chef Salad-10g
MEAT/MA	Chef Salad-10g	Wrap - 30 g.	Chef Salad-10g	Wrap - 30 g.	Sub -30 g.
GRAIN	Wrap - 30 g.		Sub -30 g.		
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	California Blend -3 g.	Small Romaine Salad -5 g.	Sweet Potato Fries - 30 g.	Broccoli- 4g	Corn 1/2 c-19 g.
VEG	Cooked Spinach-4g	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.	Mixed Fruit-18 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	Fresh Fruit Bowl
CONDIMENTS	Marinara Sauce-3 g.	Salsa-2 g.		BBQ Sauce, 11 g.	Marinara Sauce-3 g.
CONDIMENTS		Sour Cream - 3g.			
WEEK 2	MON 10/10	TUES 10/11	WED 10/12	THU 10/13	FRI 10/14
MEAT/MA	Chicken Sandwich - 39 g.	Smothered Burrito-42g	French Bread Cheese Pizza -33g	Lings Chicken-23g	Grilled Cheesewich-27g
MEAT/MA	Hot Dog on Bun - 28 g.	Chicken Philly Sand- 28g	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		Chips (2) 38 g.		Brown Rice -1/2 c-28 g.	
GRAIN					
VEG	California Blend -3 g.	Corn 1/2 c-19 g.	Twister Fries - 15g	Cooked Carrots-8 g.	Mixed Vegetables-9g
VEG		Small Romaine Salad -5 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		Salsa-2 g.			Mixed Fruit-18 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3 g.	Ketchup- 3 g. & Mustard- 0 g.		Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	BBQ Sauce, 11 g.		Marinara Sauce-3 g.		

### Intermediate October 2016

WEEK 3	MON 10/17	TUES 10/18	WED 10/19	THU 10/20	FRI 10/21
MEAT/MA	Double Cheeseburger-29g	Taco Salad w/Fritos-39 g.	Spaghetti w/Meat Sauce-23g.	NO SCHOOL	NO SCHOOL
MEAT/MA	Chicken Sandwich - 39 g.	BBQ Rib on Bun - 32 g.	Pork Chop Sand- 42g		
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.		
MEAT/MA					
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)		
GRAIN					
GRAIN					
VEG	Baked Beans -29g	Black Bean Fiesta - 34 g.	Mashed Potatoes -15g		
VEG	Sweet Potato Fries - 30 g.	Shredded Romain -1 g.	California Blend-5g		
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.	Mixed Fruit-18 g.		
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl		
CONDIMENTS	BBQ Sauce, 11 g.	Salsa-2 g.	Gravy - 3g		
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3g.	Ketchup- 3 g. & Mustard- 0 g.		
Week 4	MON 10/24	TUES 10/25	WED 10/26	THU 10/27	FRI 10/28
MEAT/MA	NO SCHOOL	Chicken Enchilada-36g	Lasagna-33g	Beef Broccoli Rice Bowl	Calzone - 35 g.
MEAT/MA		BBQ Beef Rib Sandwich-32g	Bratwurst- 27g	Sloppy Joe/Bun- 36g	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		Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)		Dinner Roll -12g. (1 grain)
GRAIN			Garlic Toast -11 g.	Dinner Roll -12g. (1 grain)	
GRAIN					
GRAIN				Green Beans - 4 g.	
VEG		Black Bean Fiesta - 34 g.	Prince Edward - 3 g.	Broccoli- 4g	Small Romaine Salad -5 g.
VEG		Corn 1/2 c-19 g.	Small Romaine Salad -5 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Conquest Fries - 21g
VEG		Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Mandarin Oranges 1/2 c-17 g	Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT		Mixed Fruit-18 g.	Pineapple Tidbits - 16 g.	Fresh Fruit Bowl	Juice-21g Grape=28g
FRUIT		Fresh Fruit Bowl	Fresh Fruit Bowl	BBQ Sauce, 11 g.	Pears - 20 g.
FRUIT		BBQ Sauce, 11 g.			Fresh Fruit Bowl
CONDIMENTS		Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 g.		
CONDIMENTS		Sour Cream - 3g.			

Dark Green	Starchy	Red/Orange	Legumes
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9/11/2016

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.





