

## Primary October 2016

WEEK 1	MON 10/3	TUES 10/4	WED 10/5	THUR 10/6	FRI 10/7
MEAT/MA	Chicken Smackers- 20 gr.	Burrito - 39 g. w/	Cheesy Breadstick - 36 g.	Turkey & Gravy - 3 g.	Hot Dog on Bun - 28 g.
MEAT/MA		Shredded Romain -1 g.			
MEAT/MA					
MEAT/MA	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.
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	Bug Bites (1 grain)				
VEG					
VEG	Cheesy Broccoli -7 g.	Black Bean Fiesta - 34 g.	Green Beans - 4 g.	California Blend -	Baked Beans 1/2 c-29 g.
VEG			Romaine Lettuce - 1 g.	Mashed Potatoes - 17 g	Raw Veggies w/ Ranch Dip
FRUIT	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.	Frozen Fruit Cup-18 g.
FRUIT	Pineapple Tidbits - 16 g.	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Mixed Fruit-18 g.	Fresh Fruit Bowl
CONDIMENTS	Fresh Fruit Bowl	Fresh Fruit Bowl		Fresh Fruit Bowl	Mandarin Oranges 1/2 c-17 g
	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.	Fresh Fruit Bowl	Gravy - 3 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	BBQ Sauce, 11 g.	Sour Cream - 3g.	Marinara Sauce-3 g.		
WEEK 2	MON 10/10	TUES 10/11	WED 10/12	THUR 10/13	FRI 9/14
MEAT/MA	Chicken Patty on Bun-39 g.	Soft Shell Taco -28 g	Cheesy Pepperoni Bites-31g	Eng 3 Orange Chicken - 19 g.	Grilled Cheese -31 g.
MEAT/MA		w/Shredded Romaine			
MEAT/MA				Cheese Sandwich 26 g.	
MEAT/MA	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.
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.	
GRAIN					Dinner Roll -12g(1 grain)
GRAIN			Small Romaine Salad -5 g.	Peas & Carrots	
GRAIN			with Grape Tomatoes		
VEG	Green Beans - 4 g.	Refried Beans-23 g.			Seasoned Potato Cubes-18 g.
VEG	Sweet Potato Fries - 30 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	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Mandarin Oranges 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.			
CONDIMENTS	ketchup- 3 g. & mustard- 0 g.	Sour Cream - 3g.			
Primary October 2016					
WEEK 3	MON 10/17	TUES 10/18	WED 10/19	THUR 10/20	FRI 9/21
MEAT/MA	Mini Corn Dog -31 g.	Chicken Enchilada-36g	Spaghetti w/Meat Sauce-23g.	No School	No School

MEAT/MA		w/Shredded Romaine			
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.		
MEAT/MA	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)		
GRAIN			Garlic Toast -11 g.		
GRAIN					
VEG	Baked Beans 1/2 c-29 g.	Black Bean Fiesta - 34 g.	Green Beans - 4 g.		
VEG	Sweet Potato Fries - 30 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.		
FRUIT	Peaches 1/2 c. - 17 g.	Mixed Fruit-18 g.	Pears - 20 g.		
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl		
CONDIMENTS		Salsa-2 g.			
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3g.			
Week 4	<b>MON 10/24</b>	<b>TUES 10/25</b>	<b>WED 10/26</b>	<b>THUR 10/27</b>	<b>FRI 9/28</b>
MEAT/MA	No School	Nacho Lil' Bites-32g.	Pizza -34 g	Chicken Tenders(4)- 19 g.	Mac & Cheese -23 g.
MEAT/MA		Shredded Romain -1 g.			
MEAT/MA		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
MEAT/MA					
GRAIN		Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN		Chips (1) 38 g.			
GRAIN					
GRAIN					
GRAIN		Refried Beans-23 g.			
VEG		Small Romaine Salad -5 g.	Fresh Broccoli Florets -3 g &	Mashed Potatoes - 17 g	Peas -9 g.
VEG		with Grape Tomatoes	Fresh Cauliflower Florets -2	Green Beans - 4 g.	
VEG		Raw Veggies-6 g. w/Ranch Dip -3 g.	w/Dip- / 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.	Cinnamon Applesauce - 25 g.	Frozen Fruit Cup-18 g.
FRUIT		Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					
CONDIMENTS		Salsa-2 g.			
CONDIMENTS		Sour Cream - 3g.		Gravy - 3 g.	
Week 5	<b>MON 10/31</b>				
MEAT/MA	Sloppy Joe on Bun -36 g.				
MEAT/MA					
MEAT/MA	Cheese Sandwich 26 g.				
MEAT/MA	Chef Salad-5g				
MEAT/MA					

GRAIN					
GRAIN	Dinner Roll -12g. (1 grain)				
GRAIN					
GRAIN					
GRAIN					
VEG	Sweet Potato Fries - 30 g.				
VEG					
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.				
FRUIT	Pineapple Tidbits - 16 g.				
FRUIT	Fresh Fruit Bowl				
FRUIT					
CONDIMENTS					
CONDIMENTS					
	<b>Dark Green</b>	<b>Starchy</b>	<b>Red/Orange</b>	<b>Legumes</b>	9/12/2016

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.





