

## 2019 October K-8

### WEEK 1

MEAT/MA	Chicken Patty on Bun- 39 g.	Beef & Cheese Nachos -7 g.	Chicken Penne Alfredo -29 g.	Asian Chicken -19 g.	Cheese Rippers-31 g.
MEAT/MA	Cheeseburger- 29 g.				
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
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-19 g.	Garlic Toast -22 g.	Brown Rice -27 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-6 g. w/Ranch Dip -3 g.
VEG	Baked Beans 1/2 c-29 g.	Corn 1/2 c-19 g.	Broccoli -4 g.	Green Beans - 4 g.	French Fries-17g.
VEG					
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT	Peaches 1/2 c. - 17 g.	Mixed Fruit-18 g.	Fresh Fruit	Pears - 20 g.	Applesauce-25g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.			Marinara Sauce-3 g.
CONDIMENTS	BBQ Sauce, 11 g.	Sour Cream - 3g.			

### WEEK 2

MEAT/MA	Chicken Tenders(3)- 19 g.	Chicken Taco (2)-31g.	Fish Sticks-19g.	Hot Dog on WG Bun - 28 g.	WG Pepp. Pizza-36g.
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
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					
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-6 g. w/Ranch Dip -3 g.
VEG	Maple Roast Sweet Potato - 35 g.	Corn 1/2 c-19 g.	Cheesy Broccoli-7g.	Baked Beans 1/2 c-29 g.	Shredded Romain & Diced Tomatoes-3g.
VEG					
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT	Peaches - 17 g.	Frozen Fruit Cup-19g.	Applesauce-25g.	Pears - 20 g.	Mixed Fruit-18 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS	BBQ Sauce, 11 g.	Sour Cream - 3g.	Tartar Sauce-3g.		

### WEEK 3

MEAT/MA	Southwestern Philly-62 g	Meat Loaf Sandwich-28g.			
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					
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.			
VEG	Black Bean Fiesta - 34 g.	Mashed Potatoes -15g			
VEG					
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl			
FRUIT	Peaches 1/2 c. - 17 g.	Pears - 20 g.			
CONDIMENTS		Gravy - 3 g.			
CONDIMENTS		Ketchup- 3 g.			
Week 4					
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN					
GRAIN					
VEG					
VEG					
VEG					
FRUIT					
FRUIT					
FRUIT					
CONDIMENTS					
CONDIMENTS					
					8/20/2019

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.



