

Monday

Tuesday

Wednesday

Thursday

Friday

1 Chicken, Cheese, Bean Burrito
(8G Fat, 49G Carbs, 8G Fiber)
Rice
OR **Chicken Rings** **New!**
(10G Fat, 13G Carb, 3G Fiber)
Corn
1G Fat, 17G Carb

2 French Bread Pizza
(6G Fat, 33G Carb, 1G fiber)
Or **Homemade Chili**
(just like Wendy's!)
(10G Fat, 18.4G Carb, 7.5G fiber)
Cinnamon Roll
(3G Fat, 36G Carb, 1G Fiber)
Green and Yellow Beans
(4G Carbs, 1.3G Fiber)



3 Hot Roast Turkey & Gravy on Whole Wheat Bun
(6G Fat, 26G Carb, 5G Fiber)
Or
Double Stuffed Whole Grain Pizza (7G Fat, 27G Carb, 3G Fiber)
Peas and Carrots



New!

4 Submarine Sandwich W/Lettuce, Tomato, Pickle
(12G Fat, 20G Carb, 1G Fiber)
Or **Crispy Chix Chunks**
(13G Fat, 11G Carb)
Baked Fries
(3G Fat, 21G Carb, 2G Fiber)



5 Ravioli
(10G Fat, 32G Carb, 4G Fiber)
Or
Cheeseburger
(10G Fat, 14G Carb, 2G Fiber)
Tossed Salad
(1.5G Carb, .5G Fiber)
2 Tbls Ranch Dressing
(2.5G Fat, 4.5G Carb)

8 Nacho Chips and Cheese With Taco Topping
14.5 G Fat, 27G Carb, 1G Fiber
Teriyaki Beef Dippers
(10G Fat, 7G Carb, 1G Fiber)
Yellow & Green Beans With Carrot Strips
)2G Carb, 1.33G Fiber)

9 Hot Ham & Cheese On Bun
11.5G Fat, 19G Carb Or
Cheesy Bread Stix
7G Fat, 27G Carb, 3G Fiber
Veggie Rainbows
(13G Carb, 1G Fiber)



10 Chicken Hip Dippers
(11G Fat, 14G Carb, 1G Fiber)
Or **Turkey Corn Dog**
(14G Fat, 30G Carb, 1 G Fiber)
Spinach and Mixed Green Salad
(1G Carb, 1G Fiber)



11 Max Taco Wedge
(9G Fat, 28G Carb, 2G Fiber)
Or **Turkey Chunks & Gravy**
(6G Fat, 3G Carb)
Mashed Potatoes
(1G Fat, 16G Carb, 2G Fiber)
Gravy
(1G Fat, 6G Carb)

12 Ham & Cheese Grab and Go
(10.5G Fat, 16G Carb)
Red Grapes
8G Carbs, 1/2G Fiber
Krispie Treat 1G Fat, 8G Carb
Or **Cheeseburger/Bun**
(10G Fat, 14G Carb, 2G Fiber)
Carrot Sticks (6G Carb, 2G Fiber)
Ranch (2.5G Fat, 4.5G Carb)

15 Crispy Chicken Fingers
(12G Fat, 15G Carb, 1G Fiber)
Or **Cheeseburger/Bun**
(10G Fat, 14G Carb, 2G Fiber)
Mashed Potatoes
(1G Fat, 16G Carb, 2G Fiber)
Gravy
(1G Fat, 6G Carb)

16 Chicken Fajita/ Cheddar
4.5G Fat, 19G Carb with Salsa
4G Carb Or
Southwest Pizza
(10G Fat, 33G Carb, 4G Fiber)
Corn
(1G Fat, 17G Carb)

17 Johnsonville Turkey & Cheddar Sausage/Bun
6G fat, 24G Carb, 1G Fiber
Or **Macaroni and Cheese**
(11G Fat, 33G Carbs, 1G Fiber)
Fresh Steamed Green Beans
(4G Carbs, 1.3G Fiber)

18 Chicken Quesadilla
(14G Fat, 34G Carb, 2G Fiber)
Or
Hot Ham and Cheese on Pretzel Bun
(10G Fat, 39G Carb, 2G Fiber)
Seasoned Cauliflower
(3G Carb, 2G Fiber)

19 Hot Flat Bread Sandwich
(10G Fat, 15G Carb, 1/2G Fiber)
Or **Chicken Pattie/Bun**
(17G Fat, 14G Carb, 1G Fiber)
California Blend
(2.7G Carb, 1.3G Fiber)

22 BBQ Chicken Drummie
(9G Fat, 7G Carb)
Garlic Bread
(3G Fat, 17G Carb, 1G Fiber)
Or **Twisted Crust Pizza**
(13G fat, 44G Carb, 4G Fiber)
Corn
1G Fat, 17G Carb

23 Big Daddy Pizza
(14G Fat, 44G Carb, 2G Fiber)
New! Or **Chicken BBQ Chips**
(18G Fat, 24G Carb, 1.5G Fiber)
Raw Mixed Veggies
(2.7 Carb, 1.3 Fiber)



24 Fiesta Macaroni
(Macaroni is a tasty taco meat Sauce)
(7GM Fat, 28G Carb, 3G Fiber)
Monte Cristo Sandwich W/Maple Syrup
(Ham & Swiss on French Toast)
(16G Fast, 40G carb, 1G Fiber)
Baked Fries
(5G Fat, 18G Carb, 2G Fiber)

25 Popcorn Chicken
(10G Fat, 15G Carbs, 1G Fiber) Or
Cheeseburger
(10G Fat, 14G Carb, 2G Fiber)
Mashed Potatoes
(1G Fat, 16G Carb, 2G Fiber)
Gravy
(1G Fat, 6G Carb)

26 Spaghetti with Ground Beef & Pasta W/Sauce
(6.5G Fat, 28G Carb, 1G Fiber)
Or **Chicken Sticks**
(11G Fat, 10G Carb) **New!**
Mixed Green Salad
Some Cabbage Too
(1.5G Carb, .5G Fiber)



Tips to help your family eat whole grains can be found at:
http://www.mypyramid.gov/pyramid/grains_tips.html