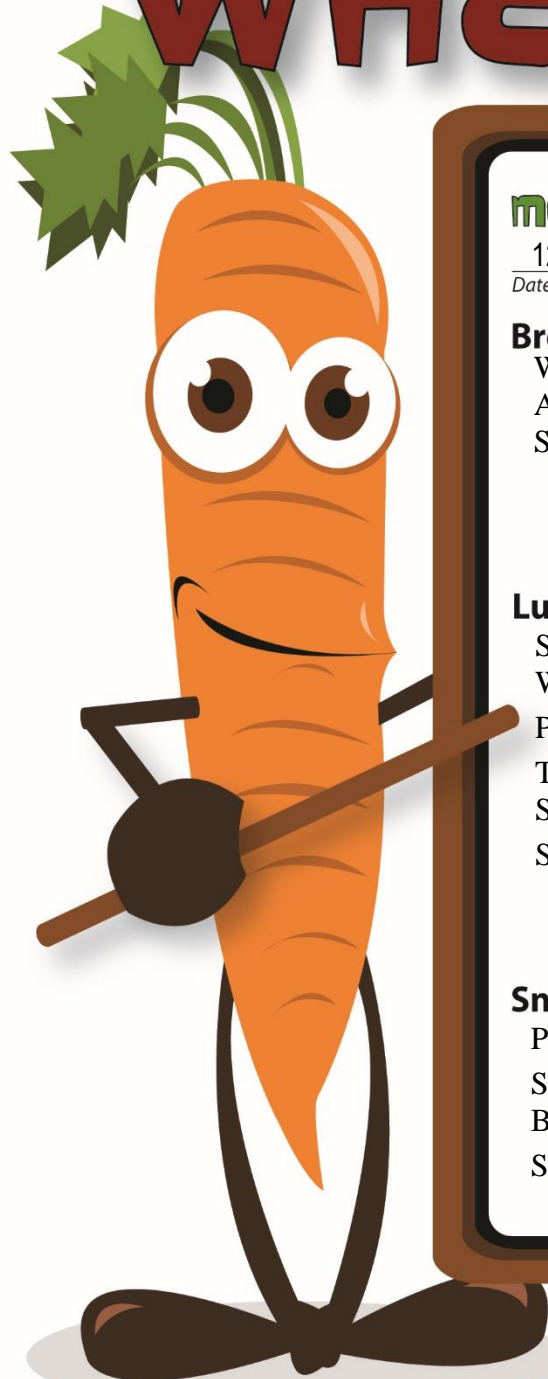


WHAT'S TO EAT THIS WEEK?



MONDAY

12-4-23

Date

Breakfast

WG Kix Cereal
Apple Slices
Skim Milk

Lunch

Spaghetti
W/GB
Peas
Tropical Fruit
Salad
Skim Milk

Snack

Pretzels
Sunflower
Butter
Skim Milk

TUESDAY

12-5-23

Date

Breakfast

Scrambled Eggs
WG Toast
Oranges
Skim Milk

Lunch

WG Chicken
Alfredo Pizza
W/Spinach
Cauliflower
W/Ranch Dip
Pears
Skim Milk

Snack

Bagel
Strawberry
Cream Cheese
Skim Milk

WEDNESDAY

12-6-23

Date

Breakfast

Biscuits & Gravy
Bananas
Skim Milk

Lunch

Beef Vegetable
Soup W/lean
Beef
Carrots
Oyster Crackers
Clementines
Skim Milk

Snack

String Cheese
Dill Pickles
WG Crackers
Water

THURSDAY

12-7-23

Date

Breakfast

WG English
Muffin
Sunflower Butter
Skim Milk

Lunch

Sloppy Joe
Slider
Mashed
Potatoes
Pineapple Rings
Skim Milk

Snack

Vanilla Yogurt
Apple Slices
Skim Milk

FRIDAY

12-8-23

Date

Breakfast

Cream Of Wheat
W/Cinnamon
Pineapple Juice
Skim Milk

Lunch

Turkey & Swiss
Cheese on WG
Bread
Tossed Salad
W/Ranch
Mixed Fruit
Skim Milk

Snack

Unsweet
Applesauce
Skim Milk



