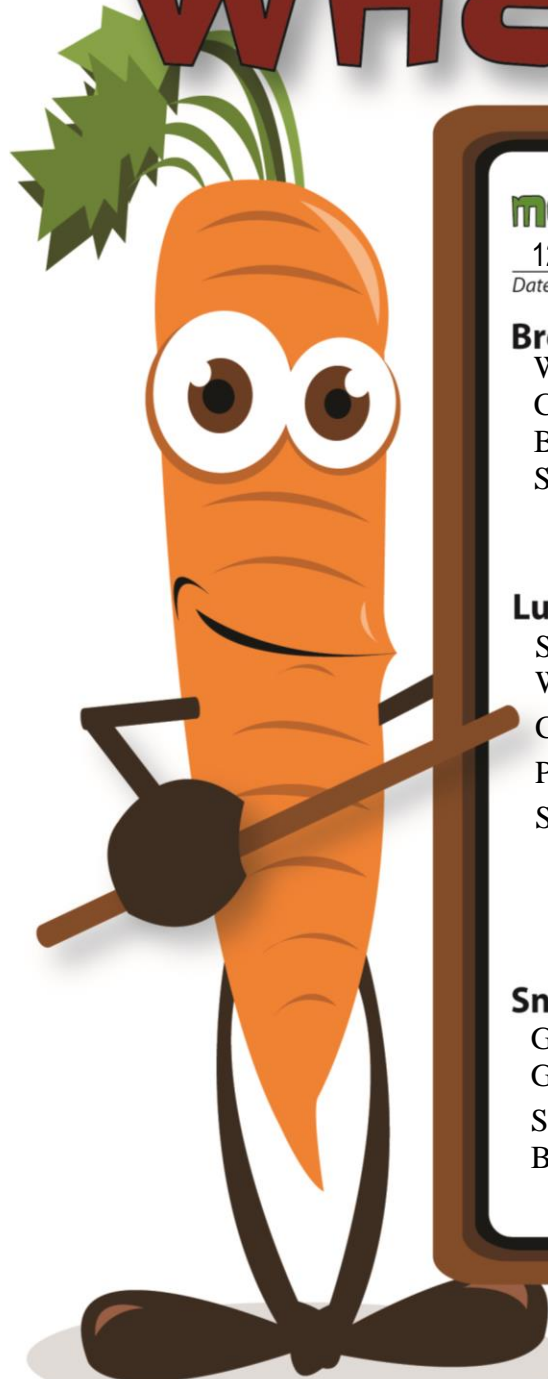


WHAT'S TO EAT THIS WEEK?



MONDAY

12-5-22

Date

Breakfast

WG Bagel Thins
Cream Cheese
Bananas
Skim Milk

Lunch

Spanish Rice
W/GB
Corn
Pears
Skim Milk

Snack

Goldfish
Grahams
Sunflower
Butter, Sk. Milk

TUESDAY

12-6-22

Date

Breakfast

WG Cheerios
Bananas
Skim Milk

Lunch

Whole Wheat
Ham Sandwich
Baby Carrots
Ranch Dip
Tropical Fruit
Salad
Skim Milk

Snack

Pretzels
Orange Slices
Skim Milk

WEDNESDAY

12-7-22

Date

Breakfast

WG Pancakes
Cinnamon
Applesauce
Skim Milk

Lunch

Taco Soup
W/GB
Tortilla Chips
Shredded
Cheddar
Apples
Skim Milk

Snack

String Cheese
Wheat Crackers
Water

THURSDAY

12-8-22

Date

Breakfast

Eggs
Whole Wheat
Toast
Oranges
Skim Milk

Lunch

WG Grilled
Cheese
Tomato Soup
Orange Slices
Skim Milk

Snack

Yogurt
Animal
Crackers
Water

FRIDAY

12-9-22

Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

WG Chicken
Alfredo Pizza
Mixed
Vegetables
Pineapple
Tidbits
Skim Milk

Snack

Granola Bar
Raisins
Skim Milk



