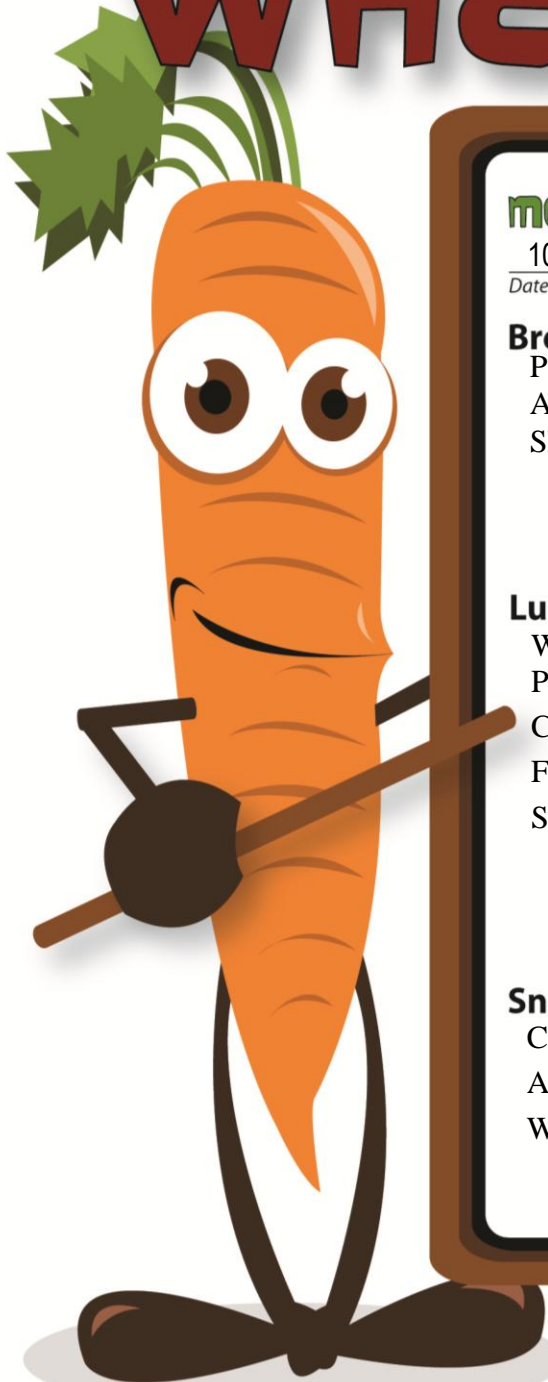


# WHAT'S TO EAT THIS WEEK?



## MONDAY

10-10-16  
*Date*

### Breakfast

Pancakes  
Applesauce  
Skim Milk

### Lunch

WG Mexican  
Pizza  
Carrots  
Fruit Salad  
Skim Milk

### Snack

Cheez-Its  
Apple Slices  
Water

## TUESDAY

10-11-16  
*Date*

### Breakfast

Biscuits & Gravy  
Peaches  
Skim Milk

### Lunch

Whole Wheat  
Grilled Cheese  
Sandwich  
Tomato Soup  
Apple Slices  
Skim Milk

### Snack

WG Peanut  
Butter & Banana  
Pocket  
Skim Milk

## WEDNESDAY

10-12-16  
*Date*

### Breakfast

WG Cream of  
Wheat  
Raisins  
Skim Milk

### Lunch

Taco Salad  
W/GB  
Lettuce,  
Tomato  
Tortilla Chips  
Bananas

### Snack

Animal  
Crackers  
Peanut Butter  
Skim Milk

## THURSDAY

10-13-16  
*Date*

### Breakfast

WG Cheerios  
Apple Slices  
W/Peanut Butter  
Skim Milk

### Lunch

WG Lasagna  
Bake W/GB  
Green Beans  
Pears  
Skim Milk

### Snack

WG Cheerios  
Vanilla Yogurt  
Bananas  
Water

## FRIDAY

10-14-16  
*Date*

### Breakfast

Scrambled Eggs  
Whole Wheat  
Toast  
Mandarin  
Oranges  
Skim Milk

### Lunch

WG Bean &  
Cheese Burrito  
Corn  
Mixed Fruit  
Skim Milk

### Snack

Junior Trail Mix  
W/Raisins  
Skim Milk



