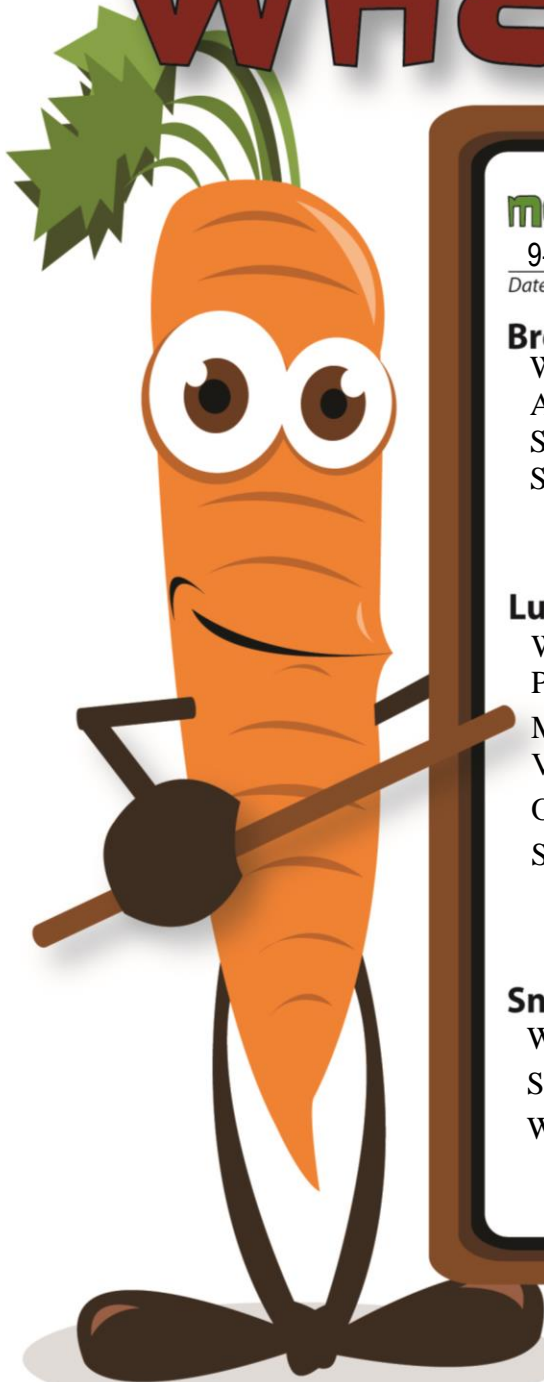


# WHAT'S TO EAT THIS WEEK?



## MONDAY

9-18-23  
*Date*

**Breakfast**  
WG Cheerios  
Apple Slices  
Sunflower Butter  
Skim Milk

**Lunch**  
WG Pepperoni  
Pizza  
Mixed  
Vegetables  
Oranges  
Skim Milk

**Snack**  
WG Sun Chips  
String Cheese  
Water

## TUESDAY

9-19-23  
*Date*

**Breakfast**  
WG Bagel Thins  
Cream Cheese  
Bananas  
Skim Milk

**Lunch**  
Taco Soup  
W/GB/Tomato,  
Corn  
Tortilla Chips  
Shredded  
Cheddar  
Bananas  
Skim Milk

**Snack**  
Yogurt  
Goldfish  
Grahams  
Water

## WEDNESDAY

9-20-23  
*Date*

**Breakfast**  
WG Pancakes  
Cinnamon  
Applesauce  
Skim Milk

**Lunch**  
WG Ham &  
Cheese Wrap  
Baby Carrots  
Ranch Dip  
Tropical Fruit  
Salad  
Skim Milk

**Snack**  
Granola Bar  
Raisins  
Skim Milk

## THURSDAY

9-21-23  
*Date*

**Breakfast**  
Eggs  
Whole Wheat  
Toast  
Oranges  
Skim Milk

**Lunch**  
WG Chicken  
Spaghetti  
Peas  
Peaches  
Skim Milk

**Snack**  
WG Sunflower  
Butter Sandwich  
Skim Milk

## FRIDAY

9-22-23  
*Date*

**Breakfast**  
Biscuits & Gravy  
Peaches  
Skim Milk

**Lunch**  
WG Grilled  
Cheese  
Sandwich  
Tomato Soup  
Mixed Fruit  
Skim Milk

**Snack**  
Trail Mix  
W/WG Cereal  
Dried Fruit  
Skim Milk



