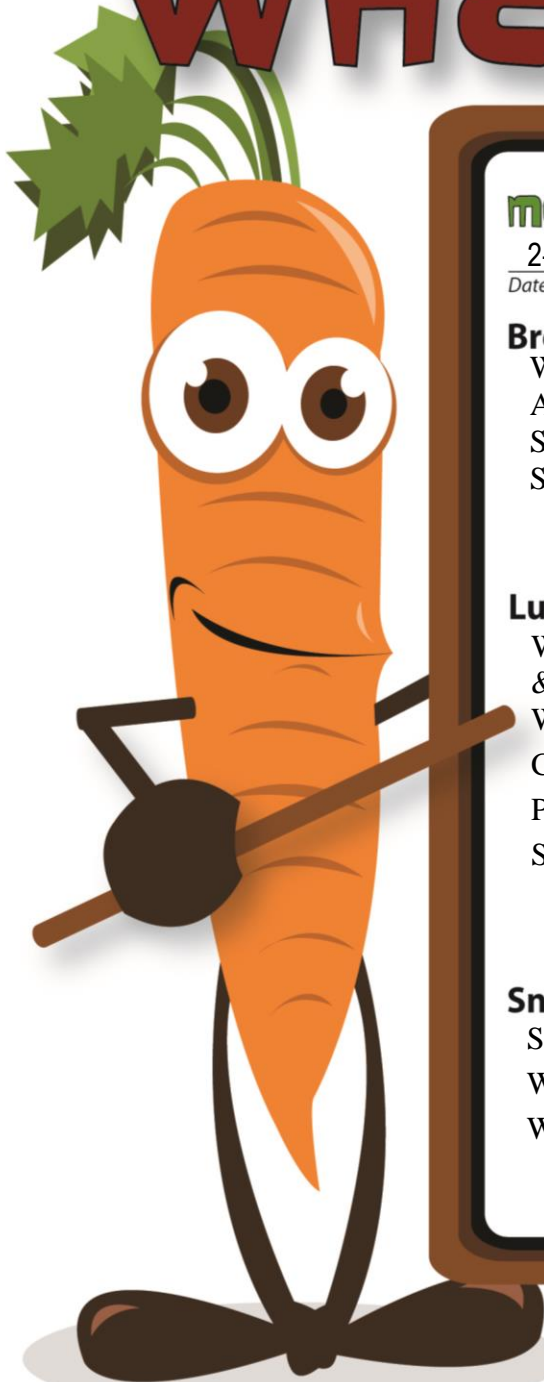


# WHAT'S TO EAT THIS WEEK?



## MONDAY

2-20-23  
Date

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

**Lunch**  
WG Hot Ham & Cheese Wraps  
Carrots  
Pears  
Skim Milk

**Snack**  
String Cheese  
Wheat Crackers  
Water

## TUESDAY

2-21-23  
Date

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

**Lunch**  
WG Pepperoni Pizza  
Green Beans  
Tropical Fruit  
Salad  
Skim Milk

**Snack**  
Trail Mix  
Dried Fruit  
Skim Milk

## WEDNESDAY

2-22-23  
Date

**Breakfast**  
WG Waffles  
Cinnamon Applesauce  
Skim Milk

**Lunch**  
WG Chicken & Noodles  
Peas  
Pineapple Tidbits  
Skim Milk

**Snack**  
Goldfish  
Grahams  
Yogurt  
Water

## THURSDAY

2-23-23  
Date

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

**Lunch**  
Spanish Rice W/GB  
Corn  
Pears  
Skim Milk

**Snack**  
Apple Slices  
Sunflower Butter  
Water

## FRIDAY

2-24-23  
Date

**Breakfast**  
Biscuits & Gravy  
Peaches  
Skim Milk

**Lunch**  
Chili W/GB  
Tomatoes  
Oyster Crackers  
Shredded Cheese  
Orange Slices  
Skim Milk

**Snack**  
Granola Bar  
Raisins  
Skim Milk



