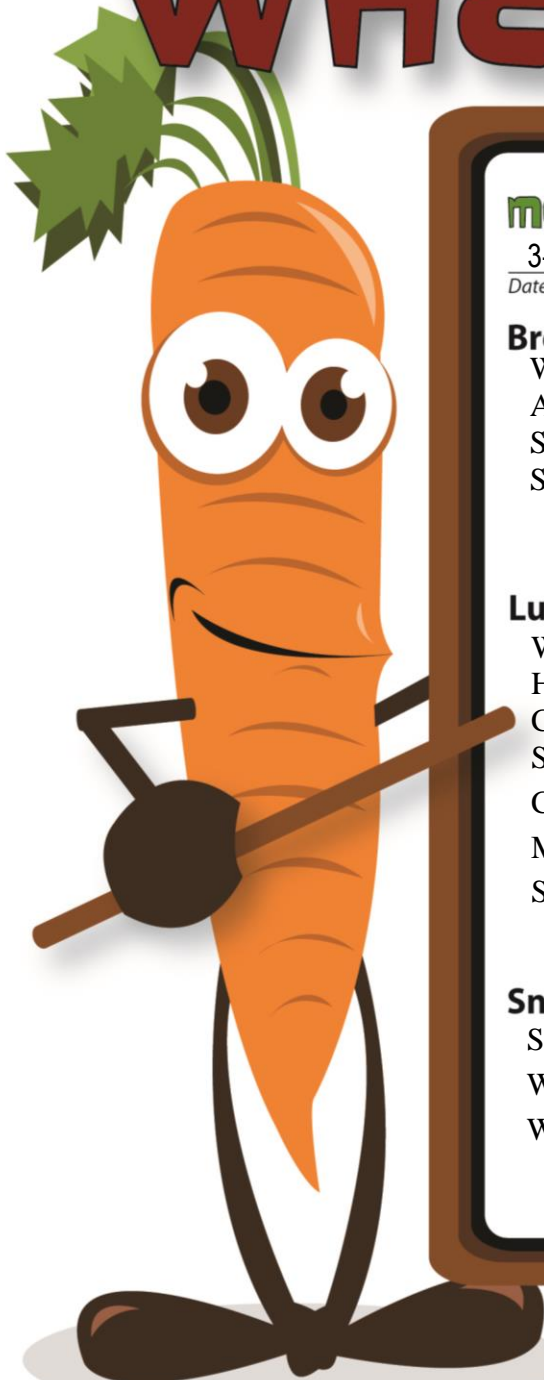


WHAT'S TO EAT THIS WEEK?



MONDAY

3-27-23
Date

Breakfast
WG Cheerios
Apple Slices
Sunflower Butter
Skim Milk

Lunch
Whole Wheat
Ham and
Cheese
Sandwich
Carrots
Mixed Fruit
Skim Milk

Snack
String Cheese
Wheat Crackers
Water

TUESDAY

3-28-23
Date

Breakfast
WG Bagel Thins
Cream Cheese
Bananas
Skim Milk

Lunch
WG Pepperoni
Pizza
Green Beans
Tropical Fruit
Salad
Skim Milk

Snack
Yogurt
Graham
Crackers
Water

WEDNESDAY

3-29-23
Date

Breakfast
WG Pancakes
Cinnamon
Applesauce
Skim Milk

Lunch
WG Chicken
Alfredo Penne
Mixed
Vegetables
Pears
Skim Milk

Snack
Apples
Pretzels
Skim Milk

THURSDAY

3-30-23
Date

Breakfast
Whole Wheat
Cinnamon Toast
Yogurt
Orange Slices
Skim Milk

Lunch
Whole Wheat
Grilled Cheese
Corn
Pineapple
Tidbits
Skim Milk

Snack
Trail Mix
Banana
Skim Milk

FRIDAY

3-31-23
Date

Breakfast
Biscuits & Gravy
Peaches
Skim Milk

Lunch
WG Macaroni
& Cheese
Peas
Peaches
Skim Milk

Snack
Granola Bar
Raisins
Skim Milk



