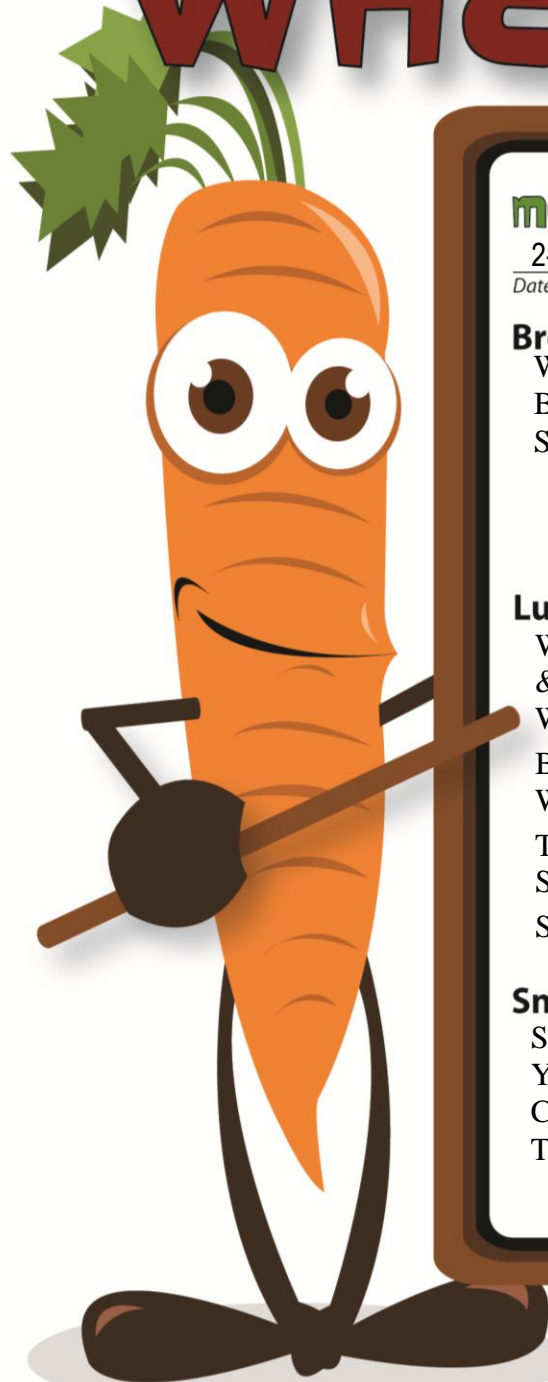


WHAT'S TO EAT THIS WEEK?



MONDAY

2-5-18

Date

Breakfast

WG Kix Cereal
Bananas
Skim Milk

Lunch

WG Hot Ham
& Cheese
Wraps
Broccoli
W/Ranch Dip
Tropical Fruit
Salad
Skim Milk

Snack

Strawberry/Ban.
Yogurt W/WG
Cheerio
Topping, Water

TUESDAY

2-6-18

Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

Vegetable Soup
W/Spinach, GB
Oyster Crackers
Orange Slices
Skim Milk

Snack

String Cheese
Wheat Crackers
Water

WEDNESDAY

2-7-18

Date

Breakfast

Whole Wheat
Bagel Thin
W/Cream Cheese
Apple Slices
Nut Free Butter
Skim Milk

Lunch

WG Chicken
Burrito
Green Beans
Pineapple
Tidbits
Skim Milk

Snack

WG Nut-Free
Butter & Apple
Wrap
Skim Milk

THURSDAY

2-8-18

Date

Breakfast

WG English
Muffin W/Egg &
Cheese
Orange Slices
Skim Milk

Lunch

WG Chicken
Alfredo Mini
Pizza,
W/Spinach
Baby Carrots
W/Ranch Dip
Applesauce
Skim Milk

Snack

Bananas
Skim Milk

FRIDAY

2-9-18

Date

Breakfast

Scrambled Eggs
Whole Wheat
Toast
Mandarin
Oranges
Skim Milk

Lunch

WG Spaghetti
W/Ground
Turkey
Corn
Pears
Skim Milk

Snack

Trail Mix
W/WG
Cheerios,
Raisins,
Craisins, Milk

