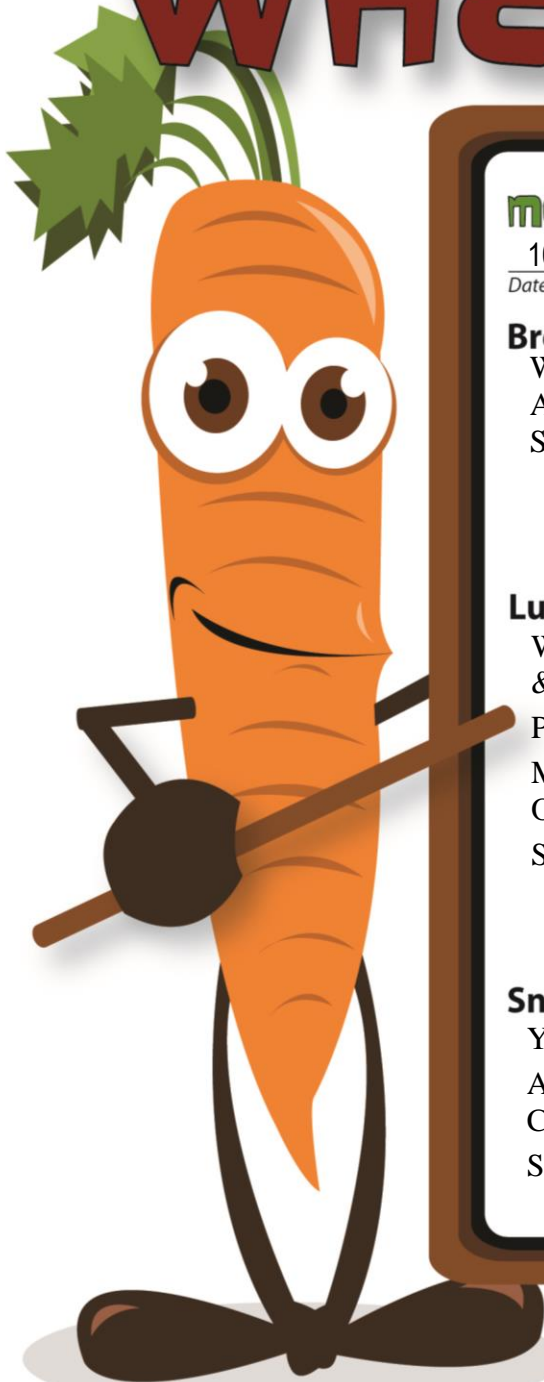


# WHAT'S TO EAT THIS WEEK?



## MONDAY

10-4-21  
*Date*

**Breakfast**  
WG Cheerios  
Apples  
Skim Milk

**Lunch**  
WG Macaroni & Cheese  
Peas  
Mandarin Oranges  
Skim Milk

**Snack**  
Yogurt  
Animal Crackers  
Skim Milk

## TUESDAY

10-5-21  
*Date*

**Breakfast**  
WG Oatmeal  
Raisins  
Skim Milk

**Lunch**  
WG Chicken Alfredo  
W/Broccoli Carrots  
Tropical Fruit Salad  
Skim Milk

**Snack**  
String Cheese  
Ham Crackers  
Water

## WEDNESDAY

10-6-21  
*Date*

**Breakfast**  
WG Pancakes  
Applesauce  
Skim Milk

**Lunch**  
Whole Wheat Ham Sandwich  
Baby Carrots  
Ranch Dip  
Orange Slices  
Skim Milk

**Snack**  
Graham Crackers  
Oranges  
Skim Milk

## THURSDAY

10-7-21  
*Date*

**Breakfast**  
Whole Wheat Cinnamon Toast  
Apples  
Sunflower Butter  
Skim Milk

**Lunch**  
Alphabet Vegetable Soup  
W/GB  
Oyster Crackers  
Bananas  
Skim Milk

**Snack**  
Blueberry Muffins  
Oranges  
Skim Milk

## FRIDAY

10-8-21  
*Date*

**Breakfast**  
Biscuits & Gravy  
Pears  
Skim Milk

**Lunch**  
WG Vegetable Pizza  
W/Pepperoni  
Green Beans  
Peaches  
Skim Milk

**Snack**  
Nutri Grain Bars  
Raisins  
Skim Milk



