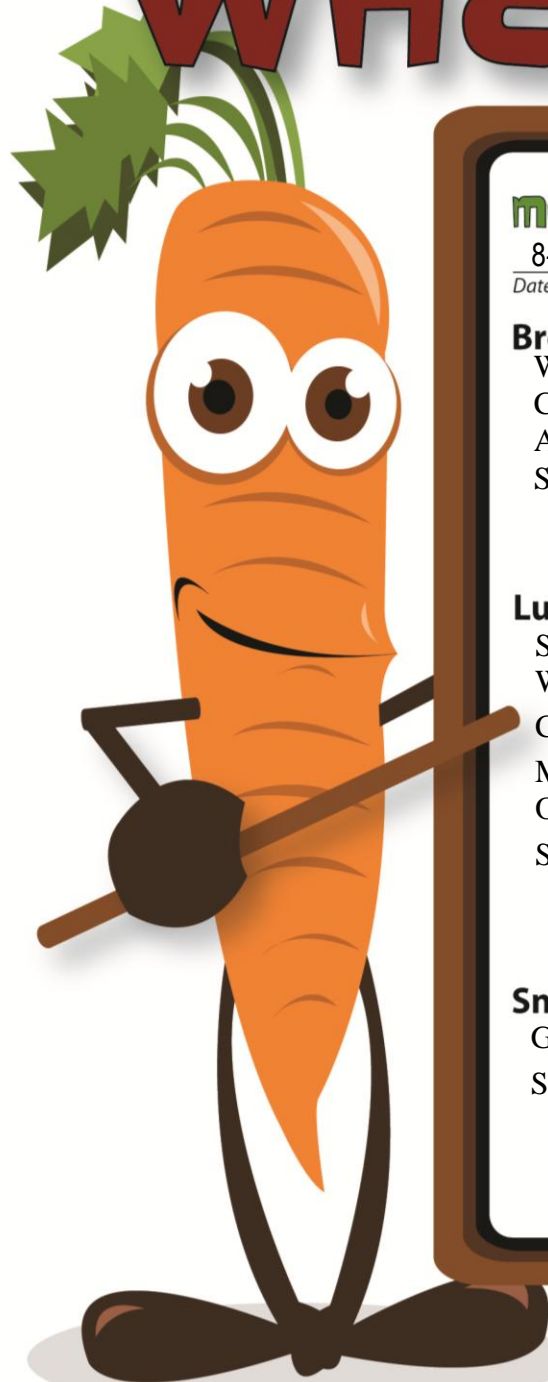


WHAT'S TO EAT THIS WEEK?



MONDAY

8-6-18

Date

Breakfast

Whole Wheat
Cinnamon Toast
Applesauce
Skim Milk

Lunch

Spanish Rice
W/GB
Corn
Mandarin
Oranges
Skim Milk

Snack

Granola Bar
Skim Milk

TUESDAY

8-7-18

Date

Breakfast

WG Cheerios
Orange Slices
Skim Milk

Lunch

WG Sausage
Pizza
Peas
Pears
Skim Milk

Snack

Trail Mix
W/Raisins, WG
Cheerios
Skim Milk

WEDNESDAY

8-8-18

Date

Breakfast

French Toast Stix
Applesauce
Skim Milk

Lunch

WG Hot Ham
& Cheese
Baby Carrots
W/Ranch Dip
Mixed Fruit
Skim Milk

Snack

String Cheese
Wheat Crackers
Water

THURSDAY

8-9-18

Date

Breakfast

WG Egg &
Cheese on English
Muffin
Apple Slices
Skim Milk

Lunch

WG Beefy
Cheesy Mac
Green Beans
Tropical Fruit
Salad
Skim Milk

Snack

Watermelon
Graham
Crackers
Water

FRIDAY

8-10-18

Date

Breakfast

Blueberry
Muffins
Bananas
Skim Milk

Lunch

WG Spaghetti
W/GB
Mixed
Vegetables
Peaches
Skim Milk

Snack

Yogurt
Granola
Topping
Water



