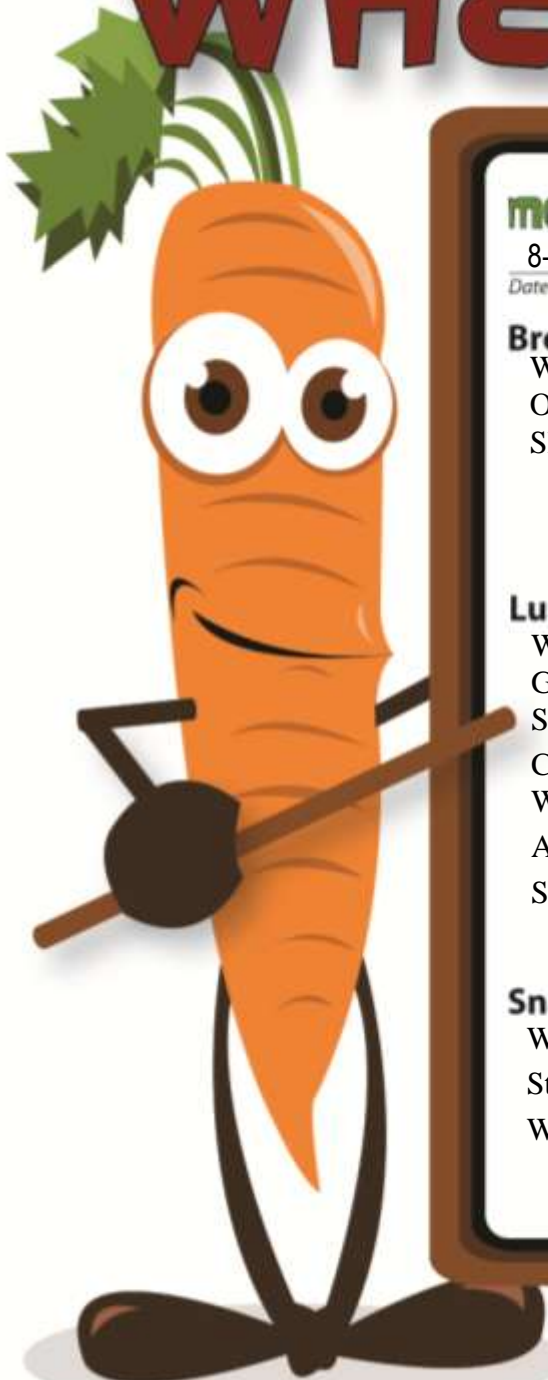


WHAT'S TO EAT THIS WEEK?



MONDAY

8-3-20

Date

Breakfast

WG Kix Cereal
Orange Slices
Skim Milk

Lunch

Whole Wheat
Grilled Cheese
Sandwich
Carrots
W/Ranch
Apple Slices
Skim Milk

Snack

Wheat Crackers
String Cheese
Water

TUESDAY

8-4-20

Date

Breakfast

WG Bagel
W/Cream Cheese
Raisins
Skim Milk

Lunch

Spanish Rice
W/GB
Corn
Mandarin
Oranges
Skim Milk

Snack

Animal
Crackers
Sunflower
Butter,Sk Milk

WEDNESDAY

8-5-20

Date

Breakfast

WG Cheerios
Apple Slices
Skim Milk

Lunch

WG Ham &
Cheese Wraps
Carrots
Pineapple
Tidbits
Skim Milk

Snack

Goldfish
Grahams
Apple Slices
Skim Milk

THURSDAY

8-6-20

Date

Breakfast

WG Pancakes
Applesauce
Skim Milk

Lunch

WG Chicken
Alfredo Pizza
Green Beans
Tropical Fruit
Salad
Skim Milk

Snack

Pretzels
Sunflower
Butter
Skim Milk

FRIDAY

8-7-20

Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

Spaghetti
W/WG Elbow
Noodles
Mixed
Vegetables
Pears
Skim Milk

Snack

Granola Bar
Raisins
Skim Milk



