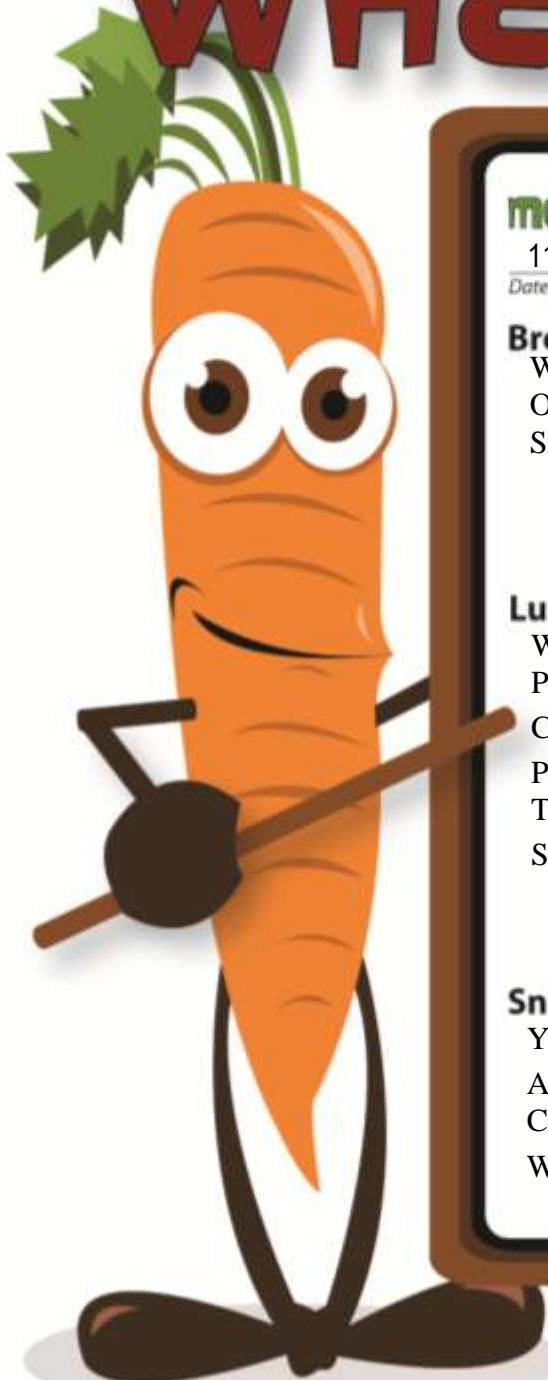


# WHAT'S TO EAT THIS WEEK?



## MONDAY

11-30-20

Date

### Breakfast

WG Cheerios  
Orange Slices  
Skim Milk

### Lunch

WG Pepperoni  
Pizza  
Carrots  
Pineapple  
Tidbits  
Skim Milk

### Snack

Yogurt  
Animal  
Crackers  
Water

## TUESDAY

12-1-20

Date

### Breakfast

Whole Wheat  
Cinnamon Toast  
Apple Slices  
Sunflower Butter  
Skim Milk

### Lunch

Spanish Rice  
W/GB  
Corn  
Tropical Fruit  
Salad  
Skim Milk

### Snack

Goldfish  
Grahams  
Sunflower  
Butter, Sk.Milk

## WEDNESDAY

12-2-20

Date

### Breakfast

WG Bagel Thin  
Raisins  
Skim Milk

### Lunch

Whole Wheat  
Ham & Cheese  
Sandwich  
Baby Carrots  
Ranch Dip  
Bananas  
Skim Milk

### Snack

Granola Bar  
Orange Slices  
Skim Milk

## THURSDAY

12-3-20

Date

### Breakfast

Pancakes  
Applesauce  
Skim Milk

### Lunch

Vegetable Beef  
Soup  
Oyster Crackers  
Orange Slices  
Skim Milk

### Snack

String Cheese  
Wheat Crackers  
Water

## FRIDAY

12-4-20

Date

### Breakfast

Eggs  
Whole Wheat  
Toast  
Oranges  
Skim Milk

### Lunch

WG Beef on  
Bun  
Green Beans  
Pears  
Skim Milk

### Snack

Trail Mix  
Dried Fruit  
Skim Milk



