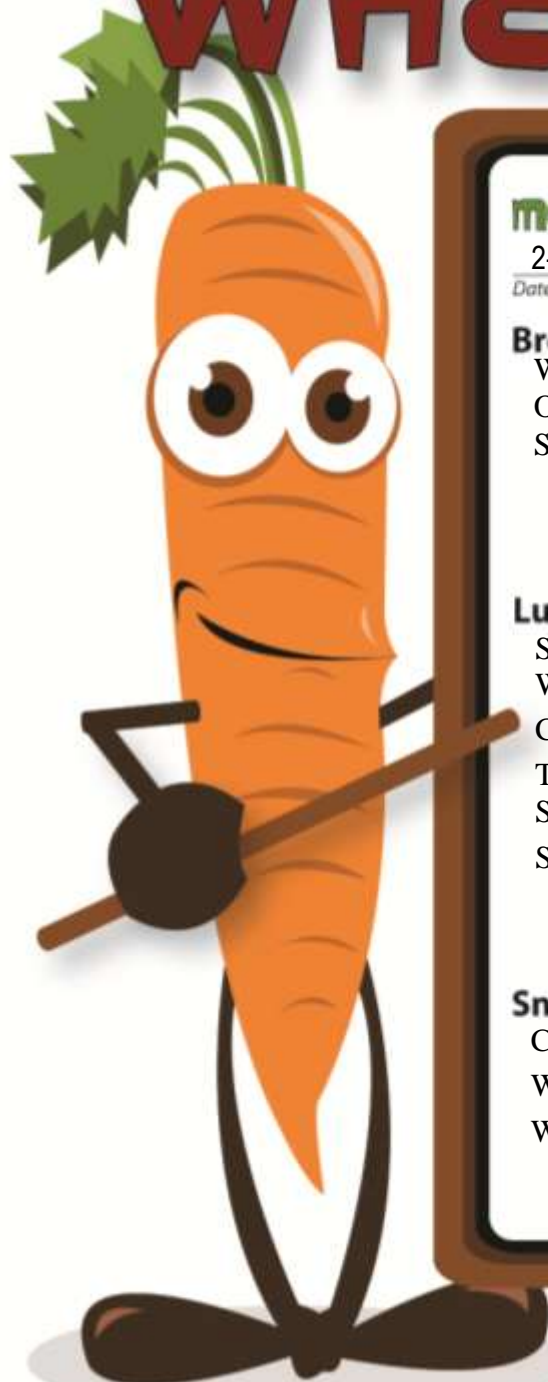


WHAT'S TO EAT THIS WEEK?



MONDAY

2-4-19

Date

Breakfast

WG Kix Cereal
Oranges
Skim Milk

Lunch

Spanish Rice
W/GB
Corn
Tropical Fruit
Salad
Skim Milk

Snack

Cheese Slices
Wheat Crackers
Water

TUESDAY

2-5-19

Date

Breakfast

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

Lunch

Taco Soup
W/GB, Tomato
Tortilla Chips
Shredded
Cheese
Bananas
Skim Milk

Snack

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

WEDNESDAY

2-6-19

Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

WG Chicken
and Noodles
Green Beans
Pineapple
Tidbits
Skim Milk

Snack

Graham
Crackers
Sunflower
Butter
Skim Milk

THURSDAY

2-7-19

Date

Breakfast

French Toast Stix
Applesauce
Skim Milk

Lunch

Hot Ham and
Cheese on WG
Bun
Baby Carrots
W/Ranch Dip
Pears
Skim Milk

Snack

Granola Bar
Skim Milk

FRIDAY

2-8-19

Date

Breakfast

Scrambled Eggs
Whole Wheat
Toast
Mandarin
Oranges
Skim Milk

Lunch

WG Sausage
Pizza
Mixed
Vegetables
Orange Slices
Skim Milk

Snack

Apple Slices
Sunflower
Butter
Skim Milk



