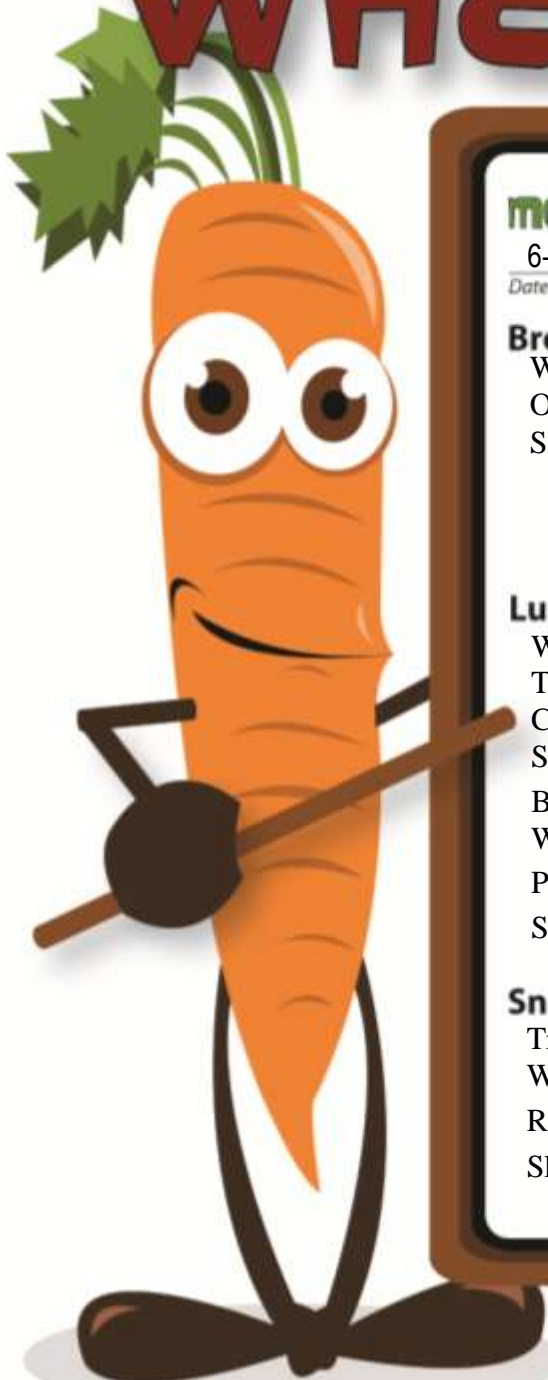


WHAT'S TO EAT THIS WEEK?



MONDAY

6-3-19

Date

Breakfast

WG Kix
Orange Slices
Skim Milk

Lunch

Whole Wheat
Turkey &
Cheese
Sandwich
Baby Carrots
W/Ranch Dip
Pineapple Rings
Skim Milk

Snack

Trail Mix
W/WG Cheerios
Raisins, Craisins
Skim Milk

TUESDAY

6-4-19

Date

Breakfast

Whole Wheat
Bagel Thin
W/Cream Cheese
Apples
Sunflower Butter
Skim Milk

Lunch

WG Chicken &
Rice Quesadilla
Broccoli
W/Ranch Dip
Tropical Fruit
Salad
Skim Milk

Snack

Yogurt
Granola
Topping
Water

WEDNESDAY

6-5-19

Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

WG Skillet 57
W/GB
Corn
Mandarin
Oranges
Skim Milk

Snack

WG Tortilla
Chips
Salsa
Skim Milk

THURSDAY

6-6-19

Date

Breakfast

Pancakes
Applesauce
Skim Milk

Lunch

Baked Ham
½ Slice Wheat
Bread
Green Beans
Pears
Skim Milk

Snack

String Cheese
Wheat Crackers
Water

FRIDAY

6-7-19

Date

Breakfast

Blueberry
Muffins
Orange Slices
Skim Milk

Lunch

WG Hawaiian
Pizza
Mixed
Vegetables
Peaches
Skim Milk

Snack

Granola Bars
Raisins
Water



