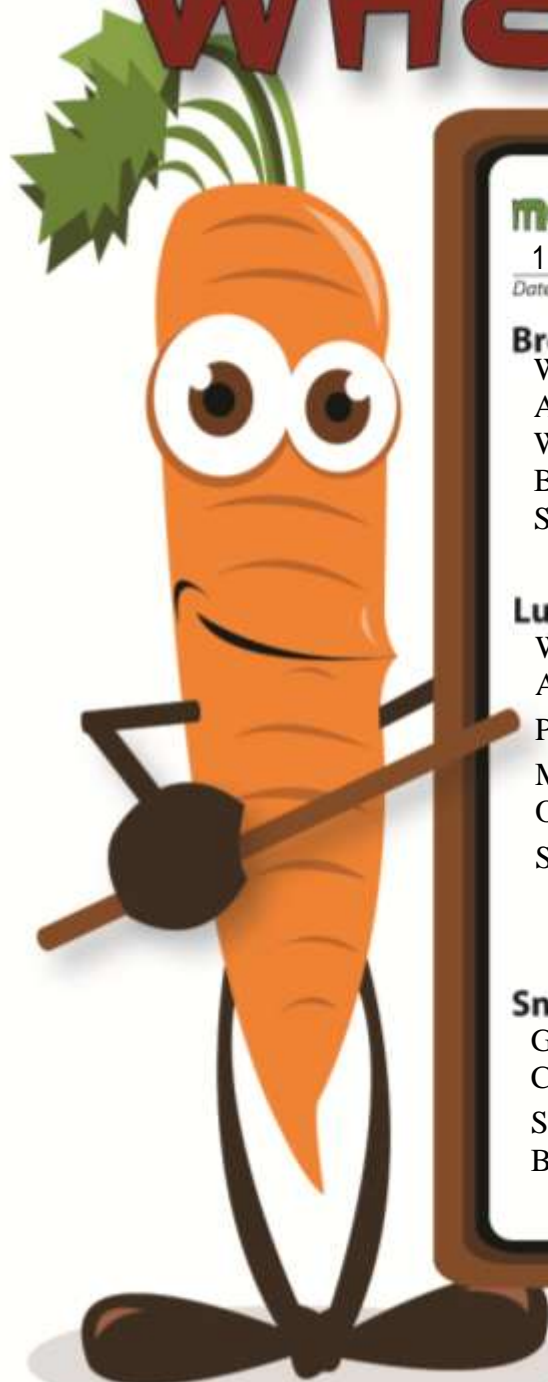


WHAT'S TO EAT THIS WEEK?



MONDAY

11-4-19

Date

Breakfast

WG Kix Cereal
Apples
W/Sunflower
Butter
Skim Milk

Lunch

WG Chicken
Alfredo Penne
Peas
Mandarin
Oranges
Skim Milk

Snack

Graham
Crackers
Sunflower
Butter, Water

TUESDAY

11-5-19

Date

Breakfast

WG Oatmeal
Raisins
Skim Milk

Lunch

WG Grilled
Cheese
Sandwich
Tomato Soup
Oranges
Skim Milk

Snack

Wheat Crackers
String Cheese
Ham
Water

WEDNESDAY

11-6-19

Date

Breakfast

French Toast Stix
Applesauce
Skim Milk

Lunch

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

Snack

Yogurt
Animal
Crackers
Water

THURSDAY

11-7-19

Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

WG Beef &
Noodles
Corn
Pineapple
Skim Milk

Snack

Baby Carrots
W/Ranch Dip
Skim Milk

FRIDAY

11-8-19

Date

Breakfast

WG Bagels
W/Cream Cheese
Oranges
Skim Milk

Lunch

WG Spaghetti
W/GB
Green Beans
Tropical Fruit
Salad
Skim Milk

Snack

Pretzels
Raisins
Skim Milk



