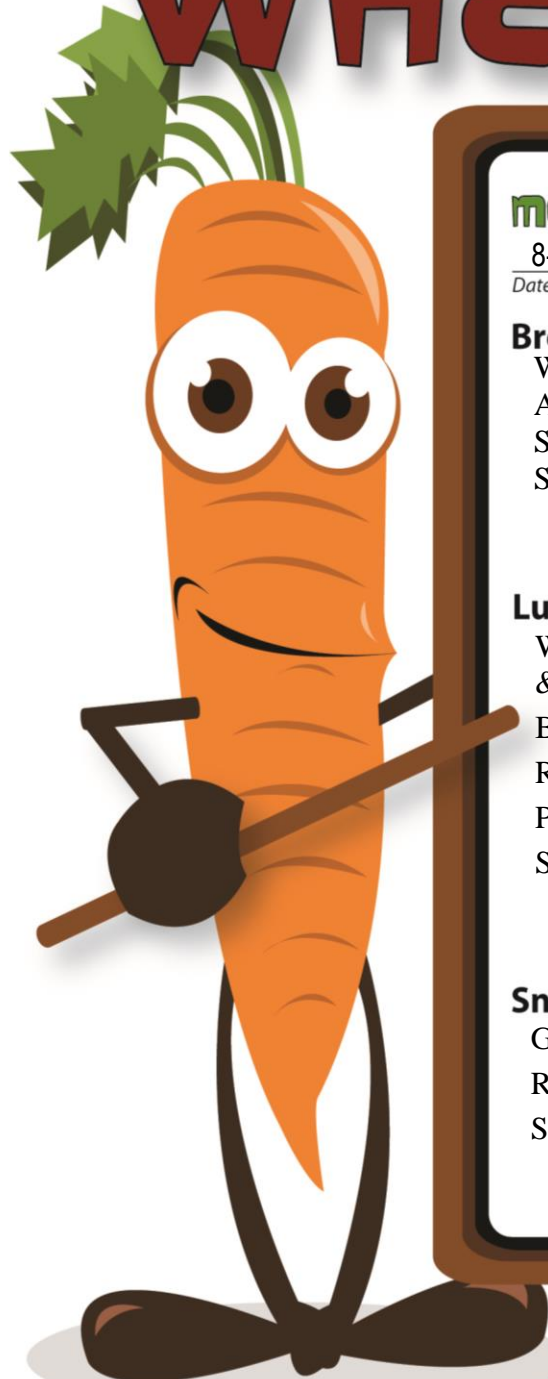


WHAT'S TO EAT THIS WEEK?



MONDAY

8-8-22

Date

Breakfast

WG Cheerios
Apples
Sunflower Butter
Skim Milk

Lunch

WG Hot Ham
& Cheese Wrap
Baby Carrots
Ranch Dip
Pears
Skim Milk

Snack

Granola Bar
Raisins
Skim Milk

TUESDAY

8-9-22

Date

Breakfast

WG Oatmeal
Raisins
Skim Milk

Lunch

WG Chicken
Alfredo Pizza
Carrots
Tropical Fruit
Salad
Skim Milk

Snack

Wheat Crackers
String Cheese
Water

WEDNESDAY

8-10-22

Date

Breakfast

French Toast Stix
Applesauce
Skim Milk

Lunch

Whole Wheat
Grilled Cheese
Peas
Mandarin
Oranges
Skim Milk

Snack

Trail Mix, WG
Cereal
Dried Fruit
Skim Milk

THURSDAY

8-11-22

Date

Breakfast

WG Bagels
Cream Cheese
Bananas
Skim Milk

Lunch

Mostaccioli
W/GB
Corn
Mixed Fruit
Skim Milk

Snack

Animal
Crackers
Yogurt
Water

FRIDAY

8-12-22

Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

WG Macaroni
& Cheese
Mixed
Vegetables
Pineapple
Tidbits
Skim Milk

Snack

Goldfish
Grahams
Orange Slices
Water



