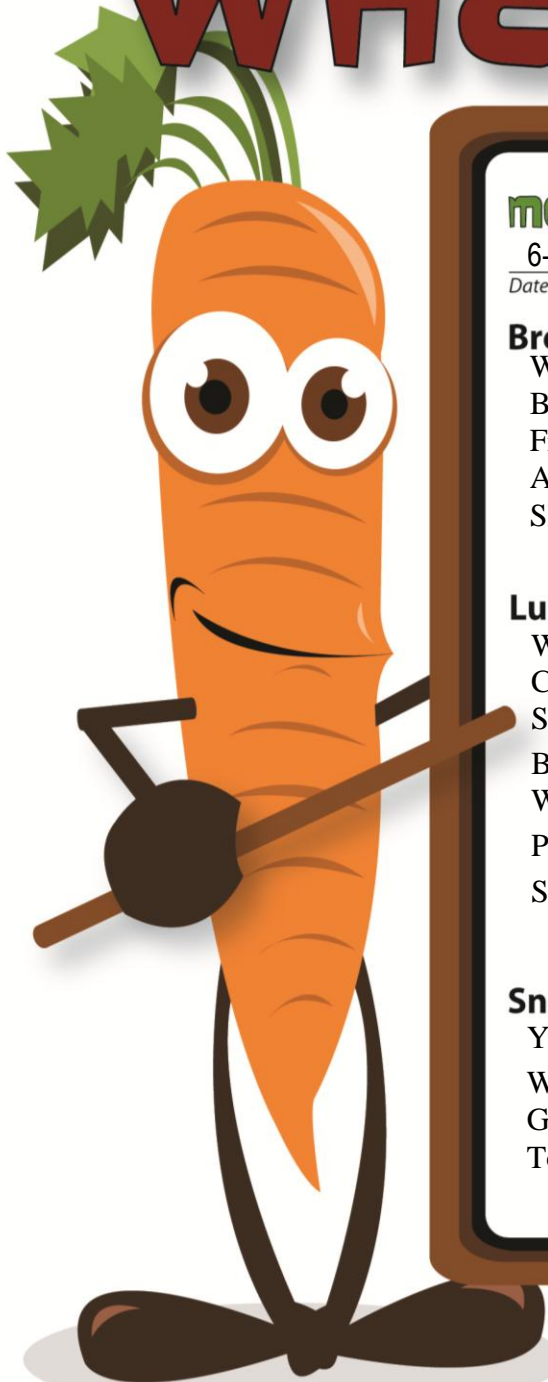


WHAT'S TO EAT THIS WEEK?



MONDAY

6-12-17
Date

Breakfast

Whole Wheat
Bagel Thin W/Nut
Free Butter
Apple Slices
Skim Milk

Lunch

WG Grilled
Cheese
Sandwich
Baby Carrots
W/Ranch Dip
Pears
Skim Milk

Snack

Yogurt
WG Cheerios &
Granola
Topping, Water

TUESDAY

6-13-17
Date

Breakfast

Scrambled Eggs
Whole Wheat
Toast
Mandarin
Oranges
Skim Milk

Lunch

Chicken Salad
on WG Bun
Broccoli
W/Ranch Dip
Apple Slices
Skim Milk

Snack

Orange Slices
Cheese Crackers
Water

WEDNESDAY

6-14-17
Date

Breakfast

Whole Wheat
English Muffin
W/Egg & Cheese
Tropical Fruit
Salad
Skim Milk

Lunch

WG Bean &
Cheese Burrito
W/GB
Corn
Pineapple
Tidbits
Skim Milk

Snack

Bananas
Skim Milk

THURSDAY

6-15-17
Date

Breakfast

Father's Day
Breakfast
Biscuits & Gravy
Bananas
Skim Milk

Lunch

Chili Mac
W/GB
Peas
Peaches
Skim Milk

Snack

Applesauce
Skim Milk

FRIDAY

6-16-17
Date

Breakfast

WG Kix Cereal
Orange Slices
Skim Milk

Lunch

WG Mini
Pepperoni Pizza
Green Beans
Mandarin
Oranges
Skim Milk

Snack

String Cheese
Wheat Crackers
Water



