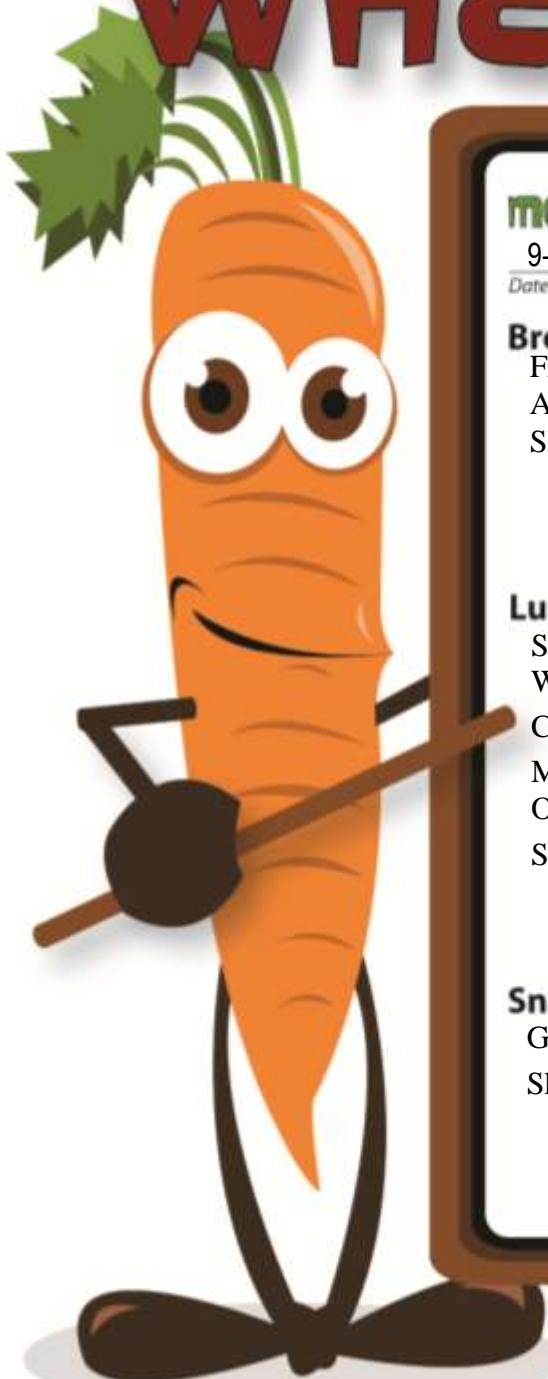


WHAT'S TO EAT THIS WEEK?



MONDAY

9-9-19

Date

Breakfast

French Toast Stix
Applesauce
Skim Milk

Lunch

Spanish Rice
W/GB
Corn
Mandarin
Oranges
Skim Milk

Snack

Granola Bar
Skim Milk

TUESDAY

9-10-19

Date

Breakfast

Oatmeal
Raisins
Skim Milk

Lunch

Bowtie Pasta
W/Zucchini
Sauce
Carrots
Tropical Fruit
Salad
Skim Milk

Snack

Trail Mix
W/WG Cheerios
Raisins
Skim Milk

WEDNESDAY

9-11-19

Date

Breakfast

WG Cheerios
Bananas
Skim Milk

Lunch

WG Hot Ham
& Cheese Wrap
Baby Carrots &
Broccoli
W/Ranch Dip
Pears

Snack

Yogurt Cups
W/Granola
Topping
Water

THURSDAY

9-12-19

Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

WG Grilled
Cheese
Sandwich
Tomato Soup
Orange Slices
Skim Milk

Snack

WG Kix Cereal
Skim Milk

FRIDAY

9-13-19

Date

Breakfast

WG Egg &
Cheese on English
Muffin
Orange Slices
Skim Milk

Lunch

WG Beef &
Noodles
Green Beans
Mixed Fruit
Skim Milk

Snack

Cheez-Its
Apple Slices
Sunflower
Butter
Water



