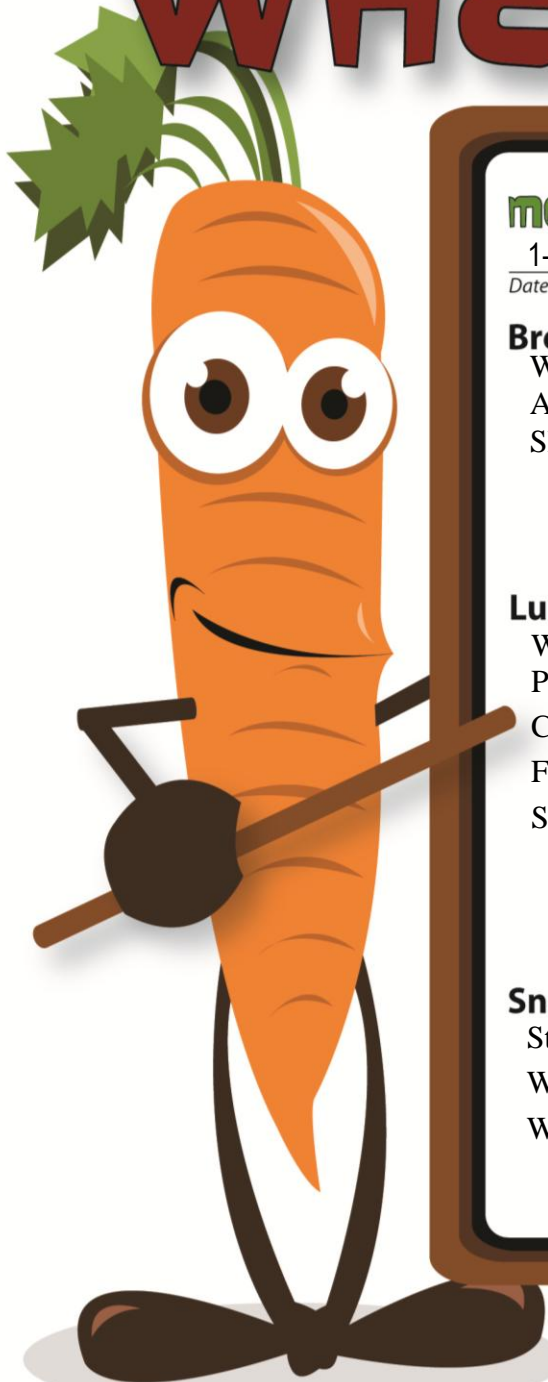


WHAT'S TO EAT THIS WEEK?



MONDAY

1-16-17

Date

Breakfast

WG Kix Cereal
Apple Slices
Skim Milk

Lunch

WG Pepperoni
Pizza
Corn
Fruit Salad
Skim Milk

Snack

String Cheese
Wheat Crackers
Water

TUESDAY

1-17-17

Date

Breakfast

WG Oatmeal
Raisins
Skim Milk

Lunch

WG Chicken
Spaghetti
Peas
Tropical Fruit
Skim Milk

Snack

Trail Mix
W/WG Cheerios
& Raisins
Skim Milk

WEDNESDAY

1-18-17

Date

Breakfast

WG English
Muffins W/Egg &
Cheese
Orange Slices
Skim Milk

Lunch

WG Ham &
Cheese Wrap
Baby Carrots
W/Ranch Dip
Mixed Fruit
Skim Milk

Snack

Applesauce
Skim Milk

THURSDAY

1-19-17

Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

Chicken Zoodle
Soup
W/Zucchini &
Carrots
Oyster Crackers
Bananas
Skim Milk

Snack

Graham
Crackers
Orange Slices
Water

FRIDAY

1-20-17

Date

Breakfast

Scrambled Eggs
Whole Wheat
Toast
Mandarin
Oranges
Skim Milk

Lunch

WG Bean &
Cheese Burrito
Mixed
Vegetables
Pears
Skim Milk

Snack

Cheez-Its
Apples
Skim Milk



