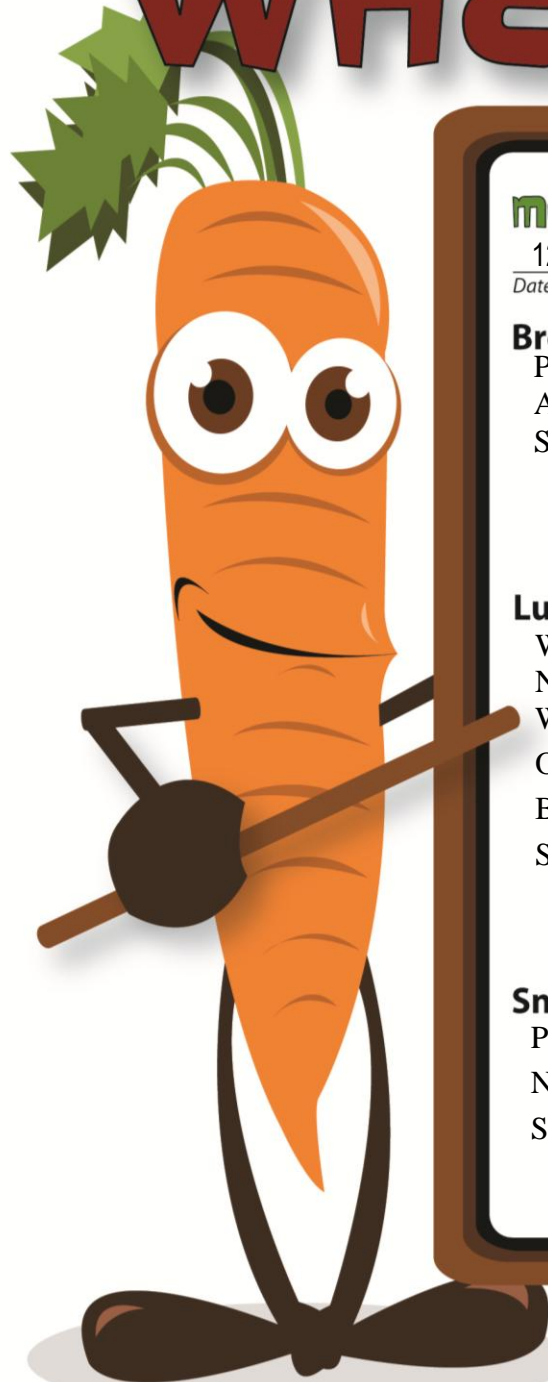


WHAT'S TO EAT THIS WEEK?



MONDAY

12-18-17

Date

Breakfast

Pancakes
Applesauce
Skim Milk

Lunch

WG Chicken
Noodle Soup
W/Carrots
Oyster Crackers
Bananas
Skim Milk

Snack

Pretzels
Nut-Free Butter
Skim Milk

TUESDAY

12-19-17

Date

Breakfast

WG Bagel Thin
W/Cream Cheese
Pineapple Tidbits
Skim Milk

Lunch

Spanish Rice
W/GB
Mixed
Vegetables
Pears
Skim Milk

Snack

Yogurt
WG Cheerios
Blueberries
Water

WEDNESDAY

12-20-17

Date

Breakfast

WG Egg &
Cheese English
Muffin
Apple Slices
Nut-Free Butter
Skim Milk

Lunch

WG Chicken
Alfredo Penne
Green Beans
Tropical Fruit
Salad
Skim Milk

Snack

Cinnamon
Applesauce
Skim Milk

THURSDAY

12-21-17

Date

Breakfast

WG Cheerios
Bananas
Skim Milk

Lunch

WG Pepperoni
Pizza
Baby Carrots
W/Ranch
Orange Slices
Skim Milk

Snack

Christmas Trail
Mix W/WG
Cheerios and
Craisins
Skim Milk

FRIDAY

12-22-17

Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

WG Spaghetti
W/GB
Corn
Mandarin
Oranges
Skim Milk

Snack

Cheese & Wheat
Crackers
Skim Milk



