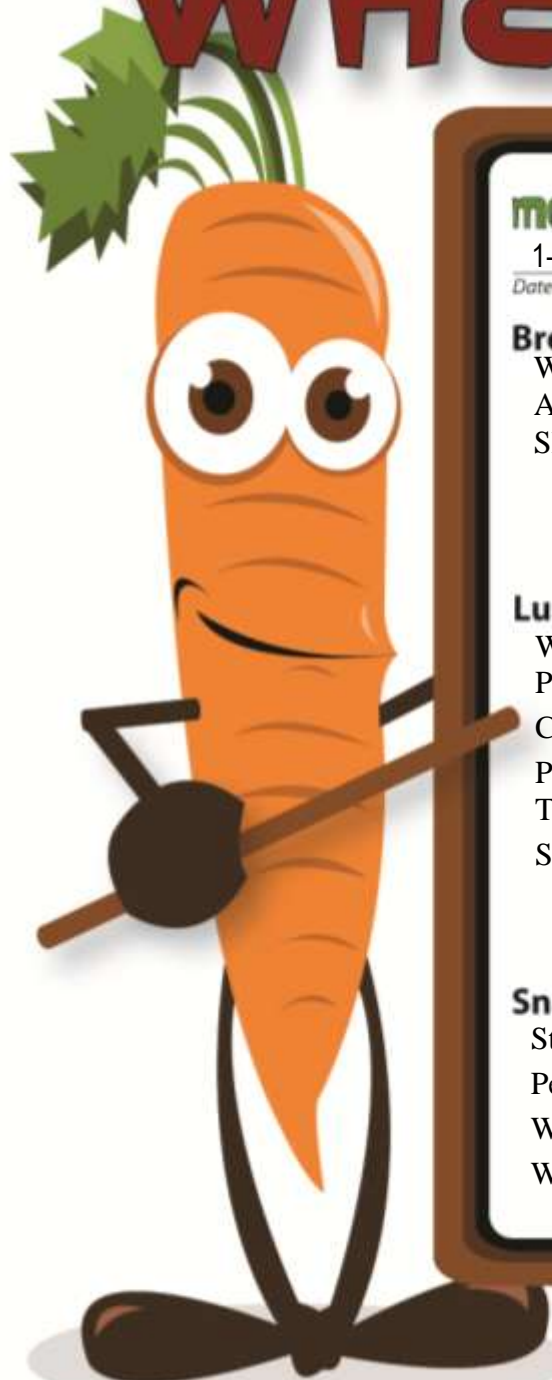


WHAT'S TO EAT THIS WEEK?



MONDAY

1-14-19

Date

Breakfast

WG Cheerios
Apple Slices
Skim Milk

Lunch

WG Mexican
Pizza
Corn
Pineapple
Tidbits
Skim Milk

Snack

String Cheese
Pepperoni Slices
Wheat Crackers
Water

TUESDAY

1-15-19

Date

Breakfast

WG Oatmeal
Raisins
Skim Milk

Lunch

WG Beef &
Noodles
Mashed
Potatoes
Mixed Fruit
Skim Milk

Snack

Goldfish
Grahams
Skim Milk

WEDNESDAY

1-16-19

Date

Breakfast

Blueberry
Muffins
Bananas
Skim Milk

Lunch

WG Chicken
Noodle Soup
Carrots
Orange Slices
Oyster Crackers
Skim Milk

Snack

Apple Slices
Sunflower
Butter
Skim Milk

THURSDAY

1-17-19

Date

Breakfast

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

Lunch

Whole Wheat
Ham & Cheese
Sandwich
Baby Carrots
W/Ranch Dip
Pears
Skim Milk

Snack

WG Kix Cereal
Bananas
Skim Milk

FRIDAY

1-18-19

Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

Spanish Rice
W/GB
Corn
Mandarin
Oranges
Skim Milk

Snack

Granola Bar
Skim Milk



