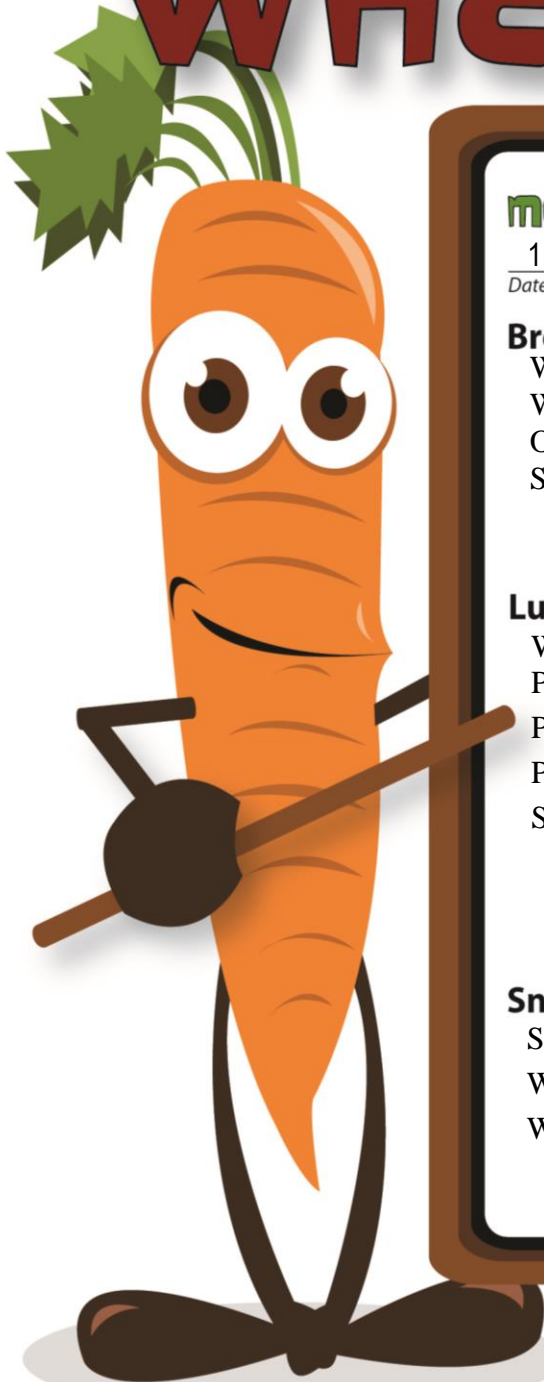


WHAT'S TO EAT THIS WEEK?



MONDAY

11-14-22
Date

Breakfast
WG Bagel Thin
W/Cream Cheese
Orange Slices
Skim Milk

Lunch
WG Pepperoni
Pizza
Peas
Peaches
Skim Milk

Snack
String Cheese
Wheat Crackers
Water

TUESDAY

11-15-22
Date

Breakfast
WG Pancakes
Cinnamon
Applesauce
Skim Milk

Lunch
Chili W/Ground
Beef, Tomatoes
Oyster Crackers
Shredded
Cheddar
Oranges
Skim Milk

Snack
Apple Slices
Sunflower
Butter, Graham
Crackers, Milk

WEDNESDAY

11-16-22
Date

Breakfast
Whole Wheat
Toast
Mixed Fruit
Yogurt
Skim Milk

Lunch
WG Grilled
Cheese
Sandwich
Tomato Soup
Orange Slices
Skim Milk

Snack
WG Trail Mix
W/Dried Fruit
Skim Milk

THURSDAY

11-17-22
Date

Breakfast
WG Egg &
Cheese Sandwich
Orange Slices
Skim Milk

Lunch
WG Chicken
Rice Burrito
Baby Carrots
Ranch Dip
Pineapple
Skim Milk

Snack
Bananas
Skim Milk

FRIDAY

11-18-22
Date

Breakfast
WG Cheerios
Bananas
Skim Milk

Lunch
WG Ham &
Cheese Wrap
Carrots
Tropical Fruit
Salad
Skim Milk

Snack
Granola Bar
Raisins
Skim Milk



