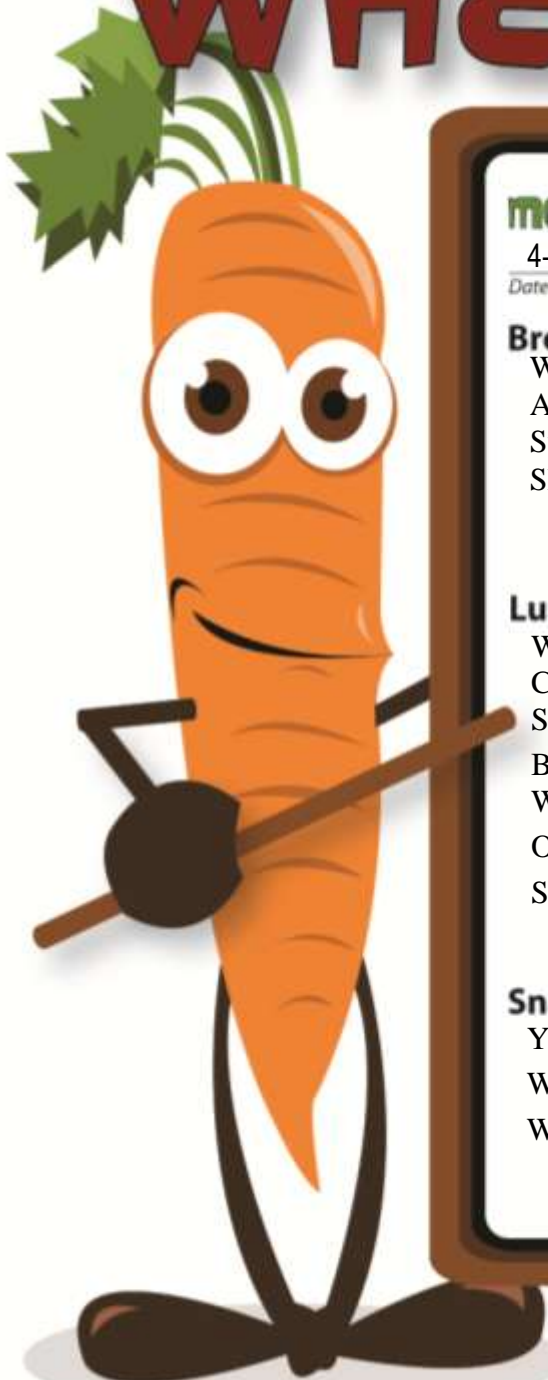


WHAT'S TO EAT THIS WEEK?



MONDAY

4-15-19

Date

Breakfast

WG Kix Cereal
Apple Slices
Sunflower Butter
Skim Milk

Lunch

WG Ham & Cheese Sandwich
Broccoli W/Ranch Dip
Orange Slices
Skim Milk

Snack

Yogurt
WG Cheerios
Water

TUESDAY

4-16-19

Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

WG Pizza W/GB, Cheese
Mixed Vegetables
Pineapple Tidbits
Skim Milk

Snack

String Cheese
Pepperoni Slices
Wheat Crackers
Water

WEDNESDAY

4-17-19

Date

Breakfast

French Toast Sticks
Applesauce
Skim Milk

Lunch

WG Chicken & Cheese Quesadilla
Baby Carrots W/Ranch Dip
Mandarin Oranges
Skim Milk

Snack

Bananas
Skim Milk

THURSDAY

4-18-19

Date

Breakfast

Egg & Cheese on WG Muffin
Raisins
Skim Milk

Lunch

Spanish Rice W/GB
Corn
Tropical Fruit Salad
Skim Milk

Snack

Trail Mix W/WG Cheerios
Raisins, Dried fruit
Skim Milk

FRIDAY

4-19-19

Date

Breakfast

Blueberry Muffins
Orange Slices
Skim Milk

Lunch

WG Grilled Cheese
Tomato Soup
Apple Slices
Skim Milk

Snack

Granola Bar
Raisins
Skim Milk



