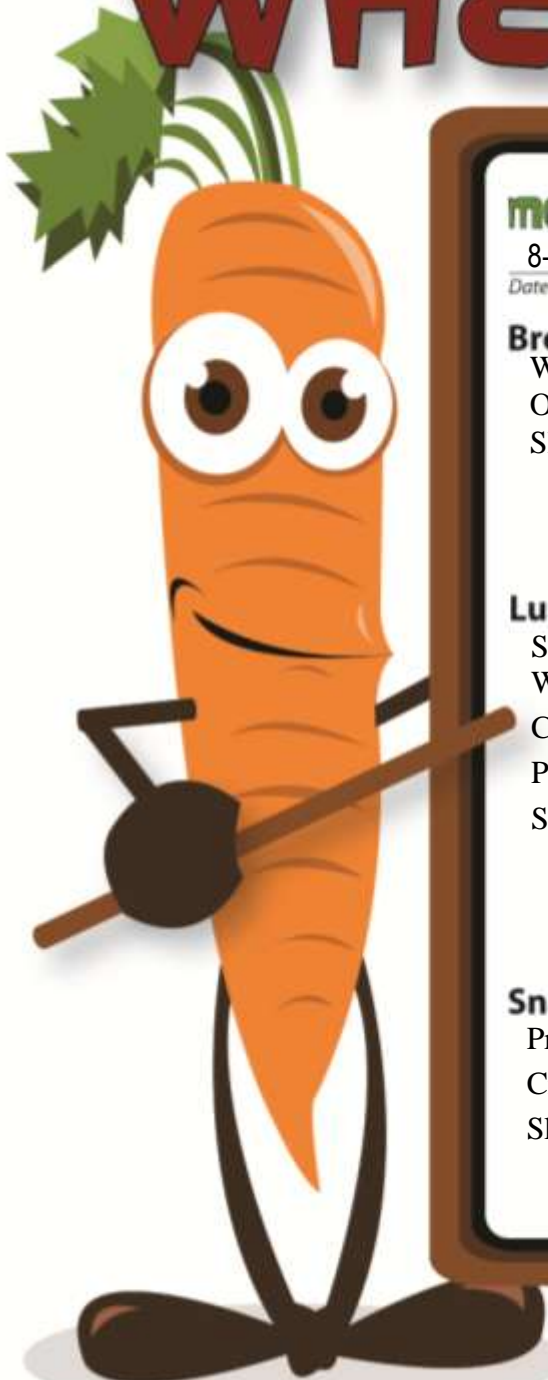


WHAT'S TO EAT THIS WEEK?



MONDAY

8-12-19

Date

Breakfast

WG Cheerios
Orange Slices
Skim Milk

Lunch

Spanish Rice
W/GB
Corn
Pears
Skim Milk

Snack

Pretzels
Craisins
Skim Milk

TUESDAY

8-13-19

Date

Breakfast

WG Cinnamon
Toast
Applesauce
Skim Milk

Lunch

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

Snack

Yogurt
Goldfish
Grahams
Water

WEDNESDAY

8-14-19

Date

Breakfast

French Toast Stix
Applesauce
Skim Milk

Lunch

WG Chicken
Alfredo Pizza
Green Beans
Mandarin
Oranges
Skim Milk

Snack

String Cheese
Wheat Crackers
Water

THURSDAY

8-15-19

Date

Breakfast

WG Bagel
W/Cream Cheese
Apples
Sunflower Butter
Skim Milk

Lunch

Vegetable Soup
W/GB
Oyster Crackers
Orange Slices
Skim Milk

Snack

Cheez Its
Sunflower
Butter
Skim Milk

FRIDAY

8-16-19

Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

Grilled Chicken
½ slice Wheat
Bread
Carrots
Tropical Fruit
Salad
Skim Milk

Snack

Watermelon
Skim Milk



