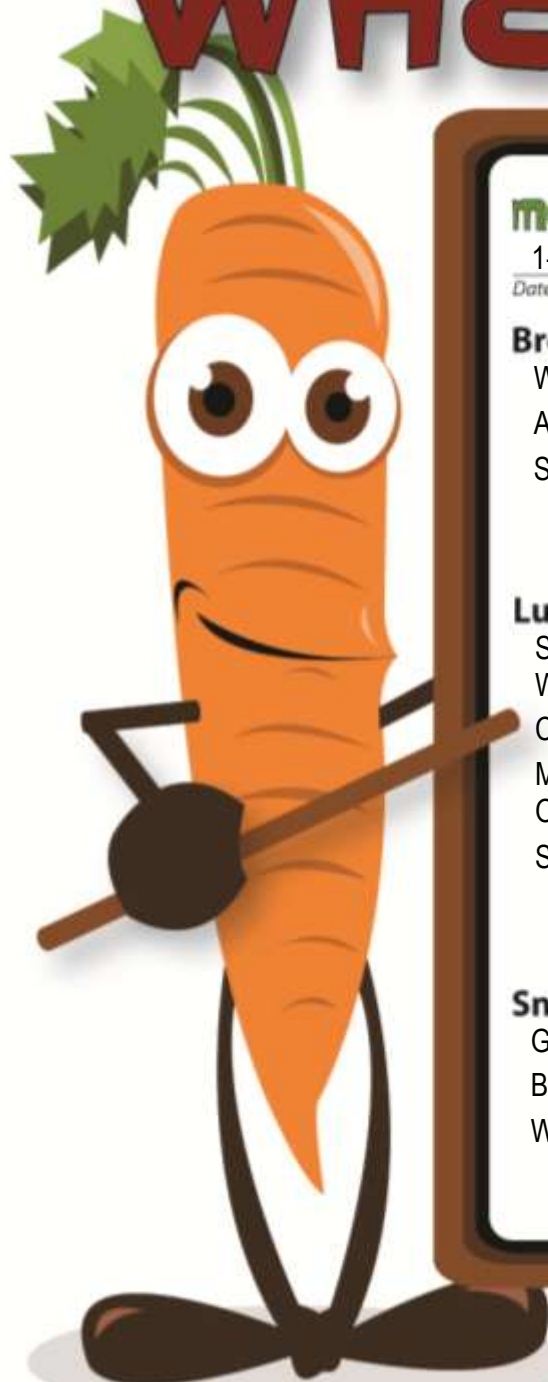


# WHAT'S TO EAT THIS WEEK?



## MONDAY

1-13-20

Date

### Breakfast

WG Pancakes  
Applesauce  
Skim Milk

### Lunch

Spanish Rice  
W/GB  
Corn  
Mandarin  
Oranges  
Skim Milk

### Snack

Graham Crackers  
Bananas  
Water

## TUESDAY

1-14-20

Date

### Breakfast

WG Cheerios  
Orange Slices  
Skim Milk

### Lunch

WG Pepperoni  
Pizza  
Mixed Vegetables  
Pineapples  
Skim Milk

### Snack

Trail Mix  
Raisins  
Skim Milk

## WEDNESDAY

1-15-20

Date

### Breakfast

Biscuits & Gravy  
Tropical Fruit Salad  
Skim Milk

### Lunch

WG Turkey and  
Cheese  
Sandwich  
Baby Carrots  
W/Ranch Dip  
Pears  
Skim Milk

### Snack

Animal Crackers  
Peanut Butter  
Skim Milk

## THURSDAY

1-16-20

Date

### Breakfast

WG Cinnamon  
Toast  
Yogurt  
Peaches  
Skim Milk

### Lunch

WG Mexican  
Pizza  
Peas  
Pineapple  
Skim Milk

### Snack

Yogurt  
Bananas  
Water

## FRIDAY

1-17-20

Date

### Breakfast

WG Egg & Cheese  
on English Muffin  
Apple Slices  
Sunflower Butter  
Skim Milk

### Lunch

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

### Snack

Cheese Crackers  
Oranges  
Skim Milk



