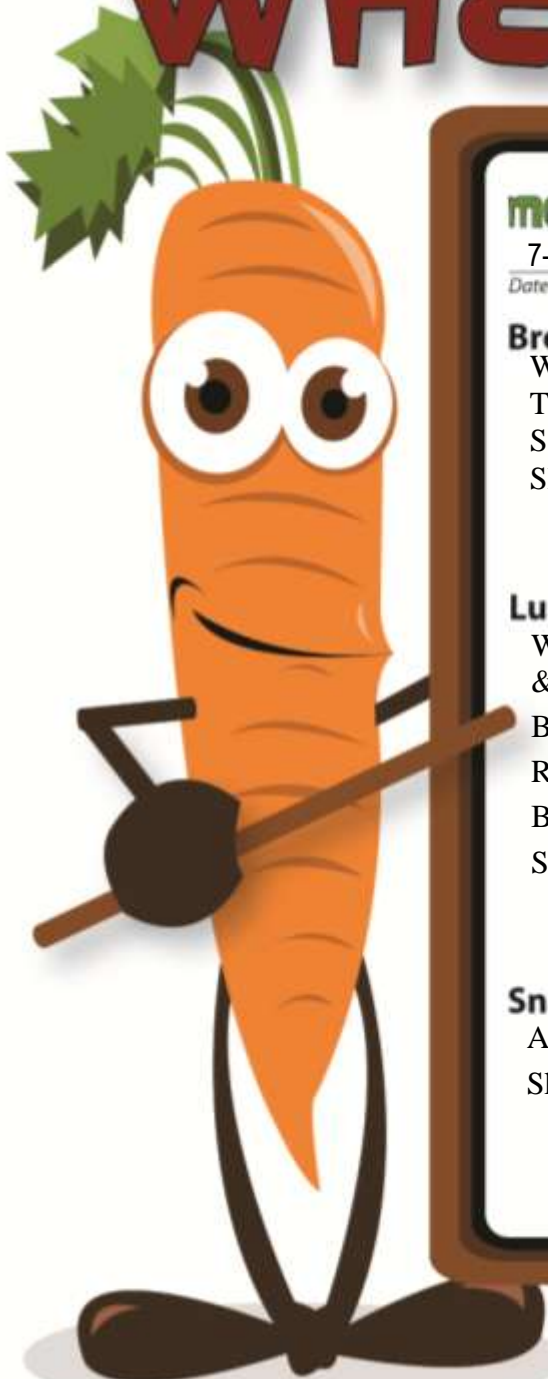


WHAT'S TO EAT THIS WEEK?



MONDAY

7-15-19

Date

Breakfast

WG Cheerios
Tropical Fruit
Salad
Skim Milk

Lunch

WG Hot Ham
& Cheese Wrap
Baby Carrots
Ranch Dip
Bananas
Skim Milk

Snack

Applesauce
Skim Milk

TUESDAY

7-16-19

Date

Breakfast

Yogurt
Whole Wheat
Toast
Oranges
Skim Milk

Lunch

Spanish Rice
W/GB
Corn
Mandarin
Oranges
Skim Milk

Snack

Wheat Crackers
Orange Slices
Water

WEDNESDAY

7-17-19

Date

Breakfast

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

Lunch

Macaroni &
Cheese W/Ham
Peas
Apples
Skim Milk

Snack

WG Sunflower
Butter Sandwich
Skim Milk

THURSDAY

7-18-19

Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

WG Pepperoni
Pizza
Green Beans
Pears
Skim Milk

Snack

Fruit Salad
Skim Milk

FRIDAY

7-19-19

Date

Breakfast

French Toast Stx
Applesauce
Skim Milk

Lunch

WG Spaghetti
W/GB
Corn
Tropical Fruit
Salad
Skim Milk

Snack

Yogurt
Bananas
Skim Milk



