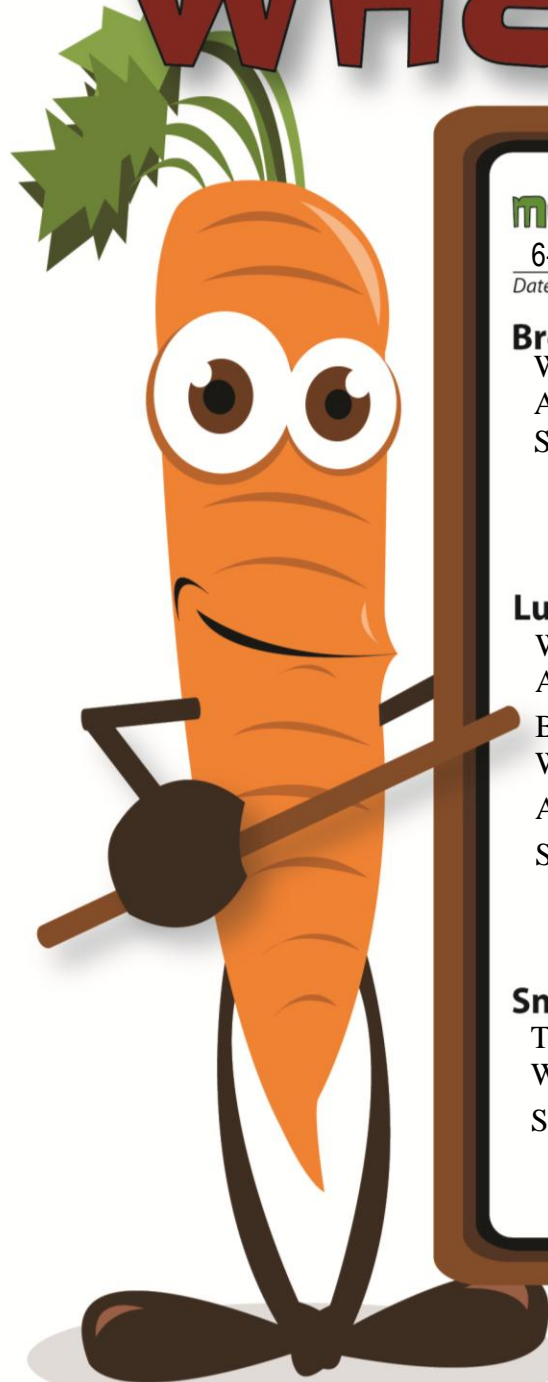


WHAT'S TO EAT THIS WEEK?



MONDAY

6-18-18

Date

Breakfast

WG Kix Cereal
Apple Slices
Skim Milk

Lunch

WG Chicken
Alfredo Penne
Broccoli
W/Ranch Dip
Apple Slices
Skim Milk

Snack

Trail Mix
W/Raisins
Skim Milk

TUESDAY

6-19-18

Date

Breakfast

Pancakes
Applesauce
Skim Milk

Lunch

WG Pepperoni
Pizza
Green Beans
Peaches
Skim Milk

Snack

Animal
Crackers
Yogurt
Water

WEDNESDAY

6-20-18

Date

Breakfast

WG Cinnamon
Toast
Peaches
Skim Milk

Lunch

Spanish Rice
W/GB
Mixed
Vegetables
Pineapple
Tidbits
Skim Milk

Snack

Bananas
Skim Milk

THURSDAY

6-21-18

Date

Breakfast

Biscuits & Gravy
Mandarin
Oranges
Skim Milk

Lunch

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

Snack

Apple Slices
Nut-Free Butter
Skim Milk

FRIDAY

6-22-18

Date

Breakfast

Whole Wheat
Bagel Thin
W/Cream Cheese
Raisins
Skim Milk

Lunch

WG Beef &
Noodles
Corn
Mixed Fruit
Skim Milk

Snack

Graham
Crackers
Orange Slices
Skim Milk



