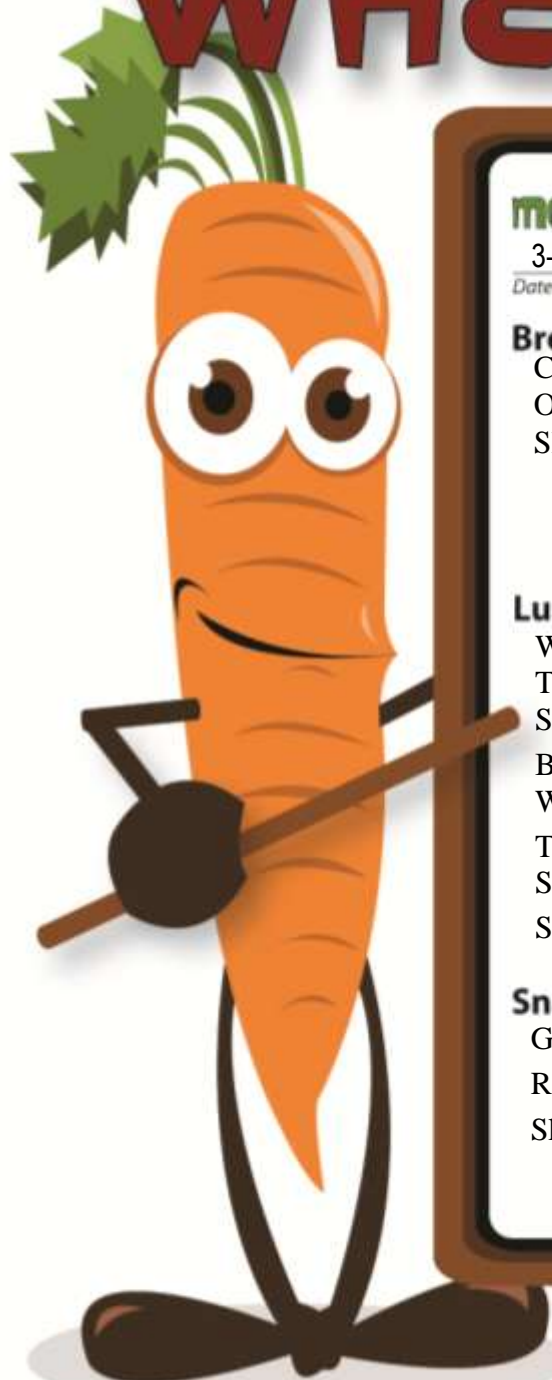


WHAT'S TO EAT THIS WEEK?



MONDAY

3-18-19

Date

Breakfast

Cheerios
Orange Slices
Skim Milk

Lunch

Whole Wheat
Turkey
Sandwich
Broccoli
W/Ranch Dip
Tropical Fruit
Salad
Skim Milk

Snack

Granola Bars
Raisins
Skim Milk

TUESDAY

3-19-19

Date

Breakfast

Whole Wheat
Bagel Thin
W/Cream Cheese
Apple Slices
Sunflower Butter
Skim Milk

Lunch

WG Skillet 57
W/GB
Corn
Pears
Skim Milk

Snack

Yogurt Cups
Animal
Crackers
Water

WEDNESDAY

3-20-19

Date

Breakfast

WG Oatmeal
Raisins
Skim Milk

Lunch

WG Grilled
Cheese
Sandwich
Tomato Soup
Oyster Crackers
Orange Slices
Skim Milk

Snack

Bananas
Skim Milk

THURSDAY

3-21-19

Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

Chicken
Alfredo Penne
Peas
Pineapple
Tidbits
Skim Milk

Snack

Cheez-Its
Craisins
Skim Milk

FRIDAY

3-22-19

Date

Breakfast

Pancakes
Applesauce
Skim Milk

Lunch

WG Pepperoni
Pizza
Carrots
Mandarin
Oranges
Skim Milk

Snack

Pretzels
Sunflower
Butter
Skim Milk



