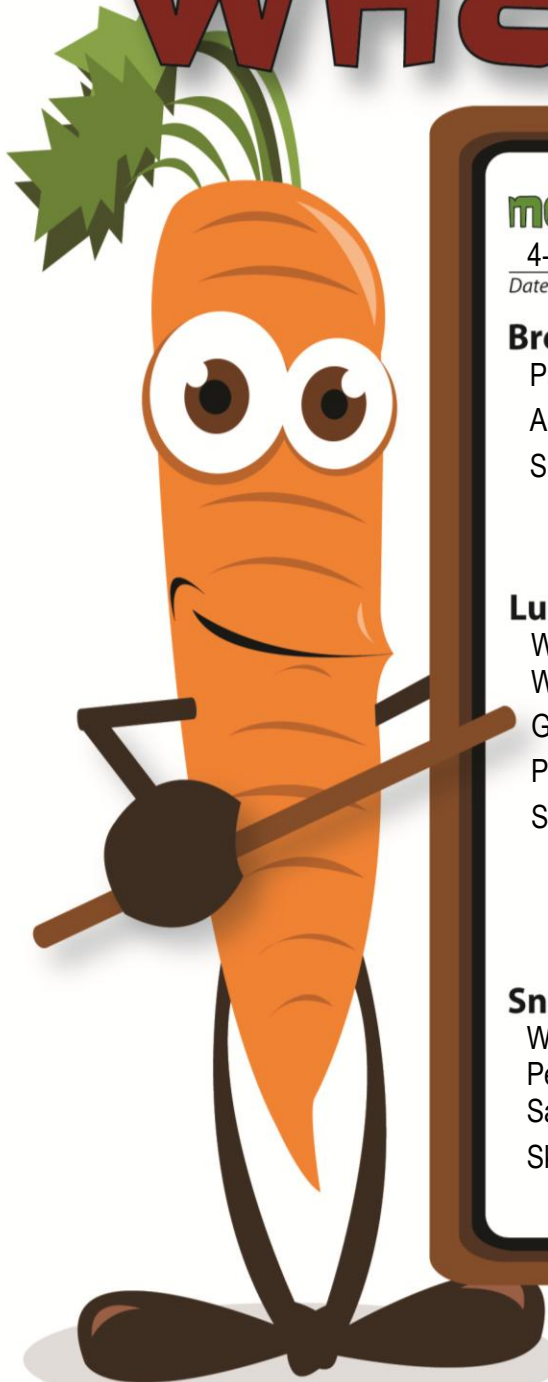


WHAT'S TO EAT THIS WEEK?



MONDAY

4-16-16

Date

Breakfast

Pancakes
Applesauce
Skim Milk

Lunch

WG Bowtie Pasta
W/Zucchini
Green Beans
Peaches
Skim Milk

Snack

Whole Wheat
Peanut Butter
Sandwich
Skim Milk

TUESDAY

4-17-16

Date

Breakfast

WG Bagels
W/Cream Cheese
Orange Slices
Skim Milk

Lunch

Veggie Goulash
W/WG Noodles &
GB
Peas
Bananas
Skim Milk

Snack

Yogurt with
Strawberries and
Blueberries
Water

WEDNESDAY

4-18-16

Date

Breakfast

WG English Muffin
W/Egg and Cheese
Mixed Fruit
Skim Milk

Lunch

Chicken Salad on
WG Bun
Broccoli W/Ranch
Dip
Pineapple and
Bananas
Skim Milk

Snack

Apple Slices
String Cheese
Water

THURSDAY

4-19-16

Date

Breakfast

Scrambled Eggs
Whole Wheat Toast
Mandarin Oranges
Skim Milk

Lunch

WG Chicken
Alfredo Pizza
Tossed Salad
W/Spinach
Tropical Fruit
Salad
Skim Milk

Snack

Orange Slices
Goldfish Crackers
Water

FRIDAY

4-20-16

Date

Breakfast

WG Honey Kix
Bananas
Skim Milk

Lunch

WG Turkey Wrap
W/Lettuce
Baby Carrots with
Ranch Dip
Orange Slices
Skim Milk

Snack

Animal Crackers
Peanut Butter
Skim Milk



