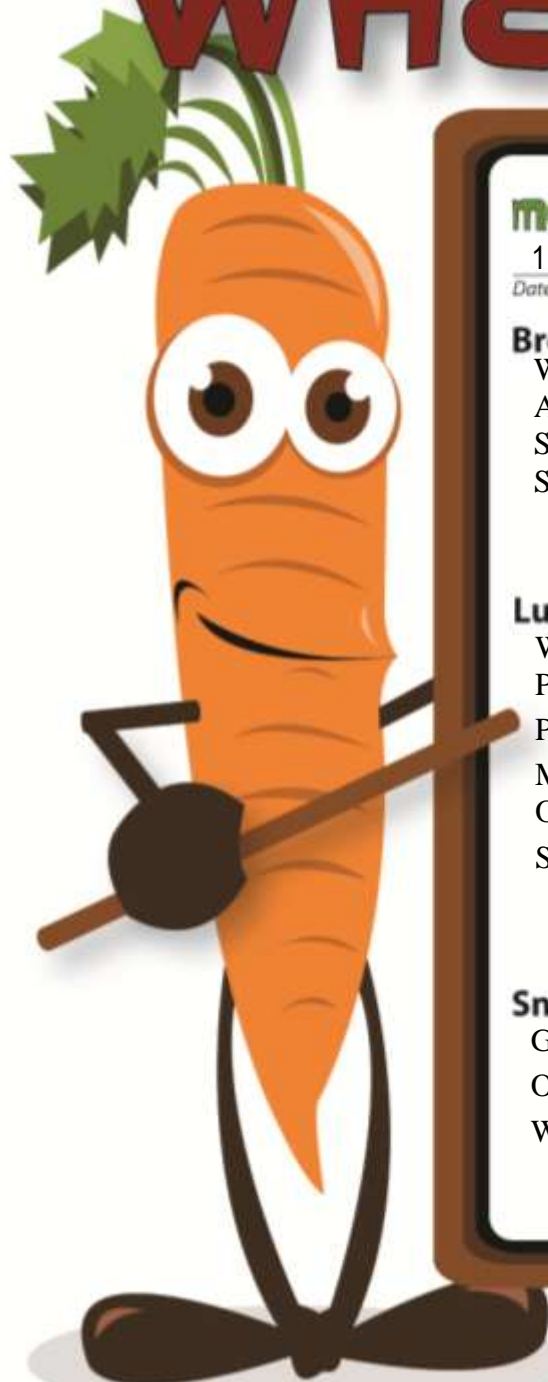


WHAT'S TO EAT THIS WEEK?



MONDAY

11-18-19

Date

Breakfast

WG Cheerios
Apple Slices
Sunflower Butter
Skim Milk

Lunch

WG Pepperoni
Pizza
Peas
Mandarin
Oranges
Skim Milk

Snack

Granola Bar
Orange Slices
Water

TUESDAY

11-19-19

Date

Breakfast

WG Oatmeal
Raisins
Skim Milk

Lunch

Chili W/GB,
Tomatoes
Shredded
Cheddar
Oyster Crackers
Orange Slices
Skim Milk

Snack

Yogurt
½ Banana
Water

WEDNESDAY

11-20-19

Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

WG Grilled
Cheese
Sandwich
Tomato Soup
Banana
Skim Milk

Snack

Pretzels
Sunflower
Butter
Dried Fruit
Skim Milk

THURSDAY

11-21-19

Date

Breakfast

Pancakes
Applesauce
Skim Milk

Lunch

WG Chicken
and Rice
Green Beans
Tropical Fruit
Salad
Skim Milk

Snack

Apple
Cinnamon
Muffins
Mixed Fruit
Skim Milk

FRIDAY

11-22-19

Date

Breakfast

WG Bagel
W/Sunflower
Butter
Apple Slices
Skim Milk

Lunch

WG Skillet 57
W/GB
Corn
Pears
Skim Milk

Snack

String Cheese
Wheat Crackers
Water



