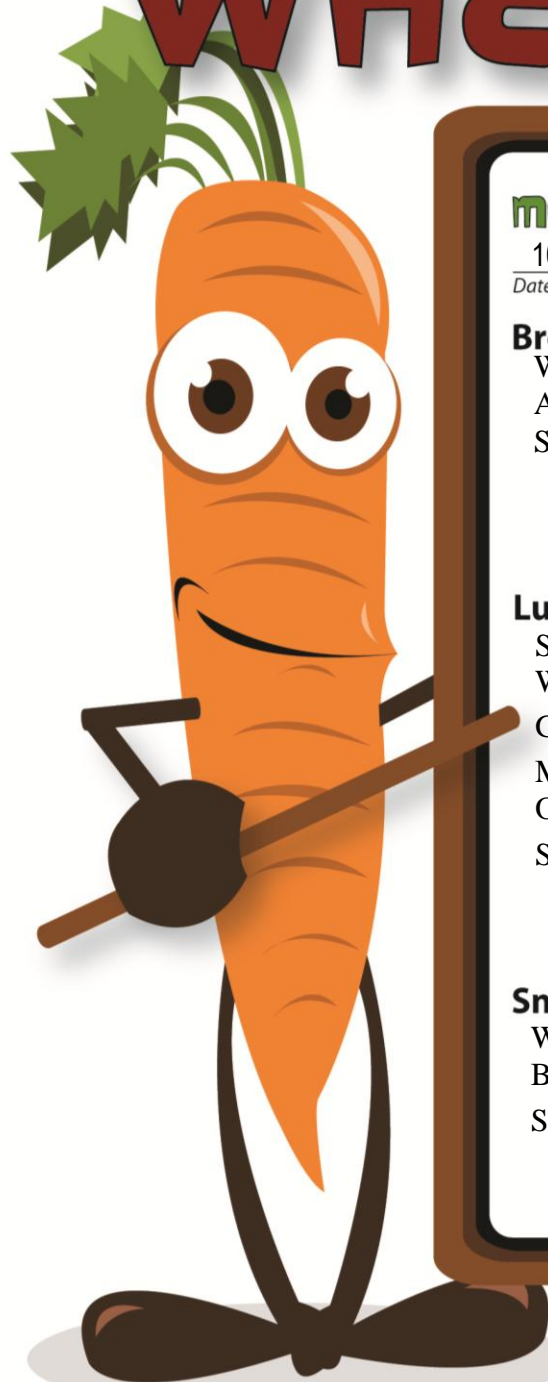


WHAT'S TO EAT THIS WEEK?



MONDAY

10-16-17

Date

Breakfast

WG Kix Cereal
Apple Slices
Skim Milk

Lunch

Spanish Rice
W/GB
Green Beans
Mandarin
Oranges
Skim Milk

Snack

WG Nut-Free
Butter Sandwich
Skim Milk

TUESDAY

10-17-17

Date

Breakfast

Pancakes
Applesauce
Skim Milk

Lunch

WG Hawaiian
Pizza
Mixed
Vegetables
Bananas
Skim Milk

Snack

Vanilla Yogurt
WG Cheerios
Water

WEDNESDAY

10-18-17

Date

Breakfast

WG Egg &
Cheese on English
Muffin
Orange Slices
Skim Milk

Lunch

WG Chicken
Alfredo
Broccoli
Applesauce
Skim Milk

Snack

Banana
Skim Milk

THURSDAY

10-19-17

Date

Breakfast

WG Peanut Butter
Bagel
Apple Slices
Skim Milk

Lunch

WG Beef &
Noodles W/GB
Corn
Tropical Fruit
Salad
Skim Milk

Snack

Fruit Salad
Skim Milk

FRIDAY

10-20-17

Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

WG Hot Ham
& Cheese
Baby Carrots
W/Ranch
Peaches
Skim Milk

Snack

String Cheese
Apple Slices
Water



