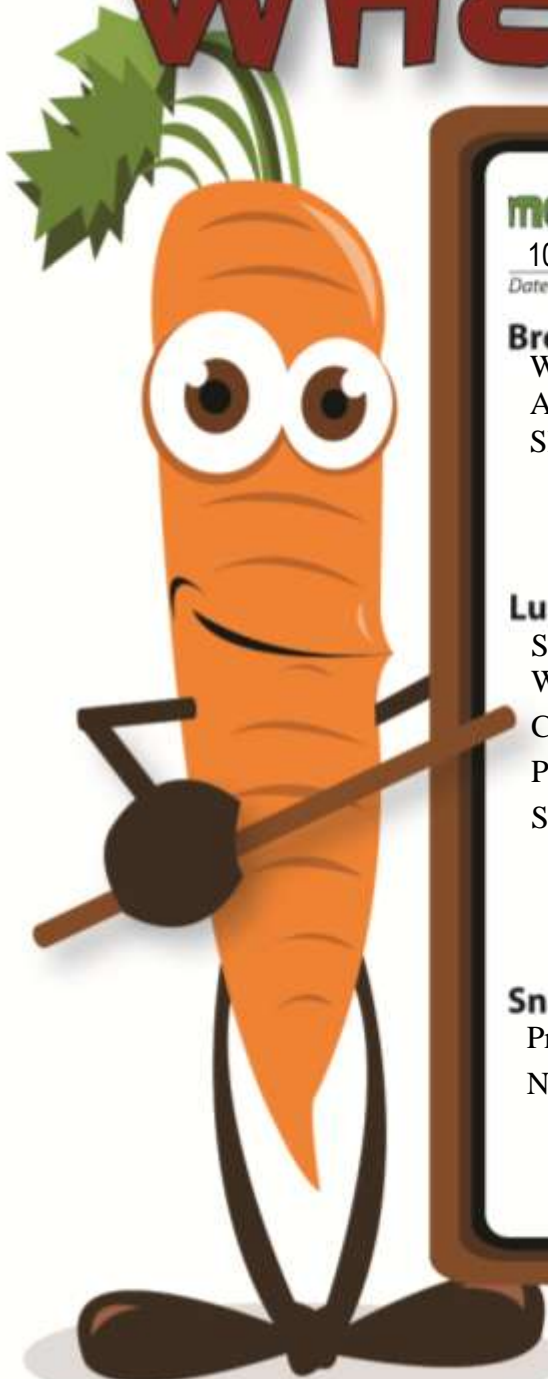


WHAT'S TO EAT THIS WEEK?



MONDAY

10-15-18
Date

Breakfast

WG Cheerios
Apples
Skim Milk

Lunch

Spanish Rice
W/GB
Corn
Pears
Skim Milk

Snack

Pretzel Stix
Nut Free Butter

TUESDAY

10-16-18
Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

WG Chicken
Noodle Soup
W/Carrots
Oyster Crackers
Oranges
Skim Milk

Snack

Bananas
Skim Milk

WEDNESDAY

10-17-18
Date

Breakfast

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

Lunch

Taco Salad
W/GB
Lettuce, tomato
Tortilla Chips
Tropical Fruit
Salad
Skim Milk

Snack

Applesauce
Skim Milk

THURSDAY

10-18-18
Date

Breakfast

WG Kix
Apple Slices
Skim Milk

Lunch

WG Ham &
Cheese Wrap
Baby Carrots
Orange Slices
Skim Milk

Snack

Granola Bars
Skim Milk

FRIDAY

10-19-18
Date

Breakfast

Blueberry
Muffins
Mandarin
Oranges
Skim Milk

Lunch

WG Mac &
Cheese
Peas
Mixed Fruit
Skim Milk

Snack

Graham
Crackers
Yogurt
Water



