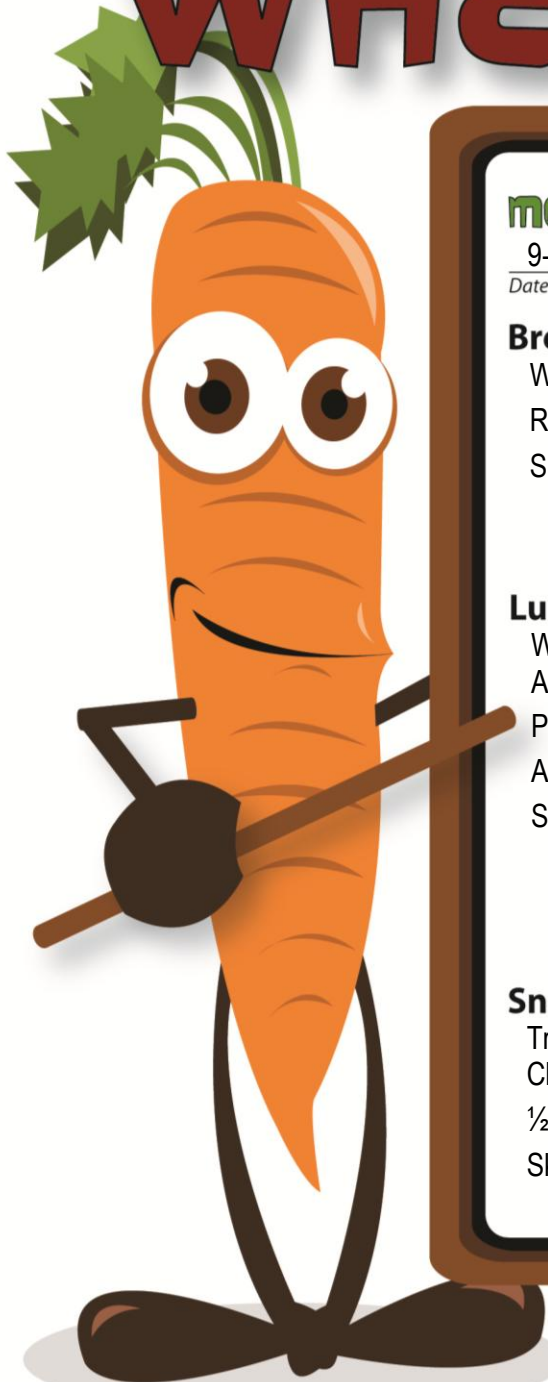


WHAT'S TO EAT THIS WEEK?



MONDAY

9-19-16

Date

Breakfast

WG Oatmeal
Raisins
Skim Milk

Lunch

WG Chicken
Alfredo Penne
Peas
Apple Slices
Skim Milk

Snack

Trail Mix W/WG
Cheerios
½ Banana
Skim Milk

TUESDAY

9-20-16

Date

Breakfast

Biscuits & Gravy
Mandarin Oranges
Skim Milk

Lunch

Whole Wheat
Grilled Cheese
Sandwich
Tomato Soup
Bananas
Skim Milk

Snack

Granola Bars
Apple Slices
Skim Milk

WEDNESDAY

9-21-16

Date

Breakfast

WG Egg & Cheese
on Bagel Thin
Orange Slices
Skim Milk

Lunch

Vegetable
Minestrone Soup
W/Chicken
Oyster Crackers
Orange Slices
Skim Milk

Snack

Broccoli & Baby
Carrots W/Ranch
Dip
Skim Milk

THURSDAY

9-22-16

Date

Breakfast

French Toast Stix
Applesauce
Skim Milk

Lunch

WG Taco Pizza
W/GB
Spinach Salad
W/Ranch
Pineapple Tidbits
Skim Milk

Snack

Graham Crackers
Peanut Butter
Water

FRIDAY

9-23-16

Date

Breakfast

Cheesy Scrambled
Eggs
Whole Wheat Toast
Mandarin Oranges
Skim Milk

Lunch

WG Garden
Spaghetti
W/Ground Beef
Corn
Tropical Fruit
Salad
Skim Milk

Snack

Wheat Crackers
Cheese Slice
Water



