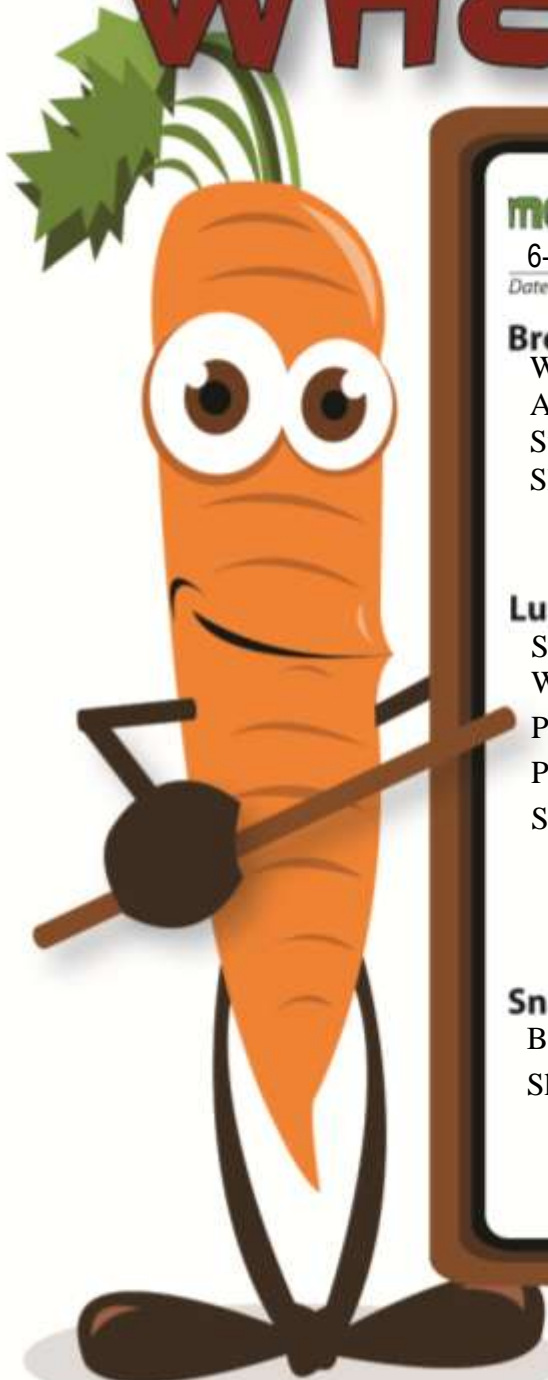


WHAT'S TO EAT THIS WEEK?



MONDAY

6-17-19

Date

Breakfast

WG Kix Cereal
Apple Slices
Sunflower Butter
Skim Milk

Lunch

Spanish Rice
W/GB
Peas
Peaches
Skim Milk

Snack

Bananas
Skim Milk

TUESDAY

6-18-19

Date

Breakfast

French Toast Stx
Applesauce
Skim Milk

Lunch

WG Spaghetti
W/GB
Corn
Mandarin
Oranges
Skim Milk

Snack

String Cheese
Wheat Crackers
Skim Milk

WEDNESDAY

6-19-19

Date

Breakfast

WG Bagel Thin
Cream Cheese
Pineapple
Skim Milk

Lunch

WG Turkey &
Cheese
Sandwich
Baby Carrots
W/Ranch Dip
Apple Slices
Skim Milk

Snack

Trail Mix
W/Raisins,
Craisins, WG
Cheerios
Skim Milk

THURSDAY

6-20-19

Date

Breakfast

WG Egg &
Cheese on English
Muffin
Orange Slices
Skim Milk

Lunch

WG Pepperoni
Pizza
Mixed
Vegetables
Pears
Skim Milk

Snack

Goldfish
Grahams
Sunflower
Butter
Skim Milk

FRIDAY

6-22-19

Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

WG Beef &
Noodles
Green Beans
Tropical Fruit
Salad
Skim Milk

Snack

Yogurt
Animal
Crackers
Water



