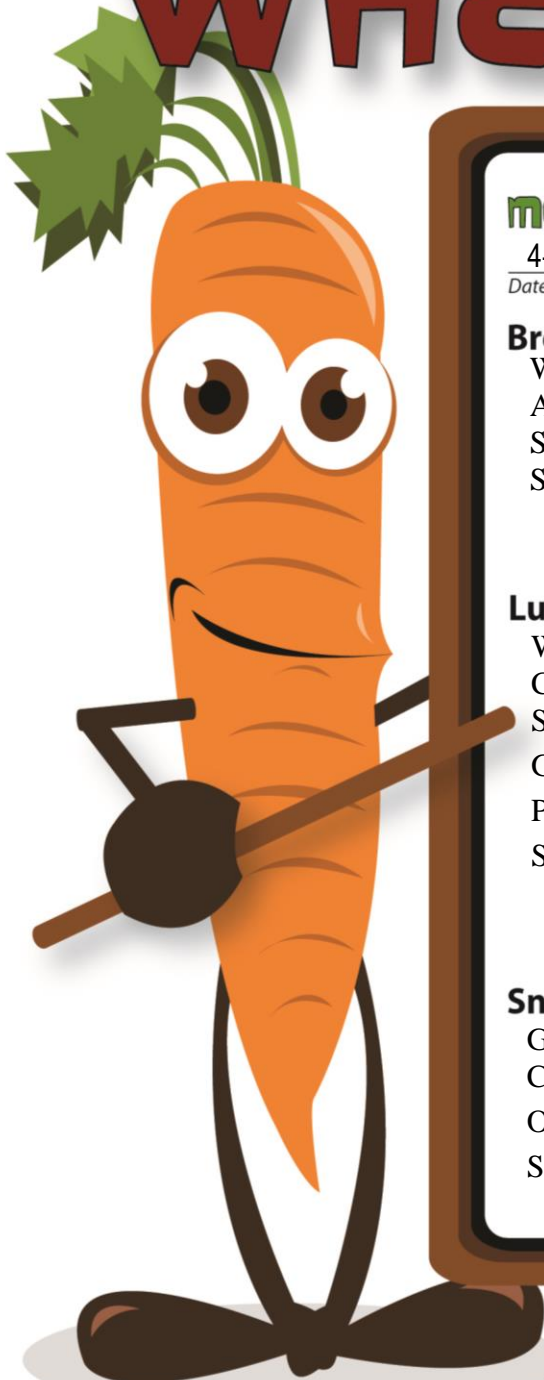


# WHAT'S TO EAT THIS WEEK?



## MONDAY

4-19-21  
*Date*

**Breakfast**  
WG Kix Cereal  
Apple Slices  
Sunflower Butter  
Skim Milk

**Lunch**  
WG Grilled  
Cheese  
Sandwich  
Green Beans  
Pears  
Skim Milk

**Snack**  
Goldfish  
Crackers  
Oranges  
Skim Milk

## TUESDAY

4-20-21  
*Date*

**Breakfast**  
WG Bagel  
Cream Cheese  
Raisins  
Skim Milk

**Lunch**  
Grilled Chicken  
on WG Bun  
Baby Carrots  
Ranch Dip  
Applesauce  
Skim Milk

**Snack**  
Granola Bars  
Apples  
Skim Milk

## WEDNESDAY

4-21-21  
*Date*

**Breakfast**  
WG English  
Muffin W/Egg &  
Cheese  
Tropical Fruit  
Salad  
Skim Milk

**Lunch**  
WG Chicken  
Alfredo Pizza  
Tropical Fruit  
Salad  
Carrots  
Skim Milk

**Snack**  
Yogurt  
Animal  
Crackers  
Water

## THURSDAY

4-22-21  
*Date*

**Breakfast**  
WG Pancakes  
Applesauce  
Skim Milk

**Lunch**  
WG Ham and  
Turkey  
Sandwich  
Mixed  
Vegetables  
Ranch Dip  
Bananas  
Skim Milk

**Snack**  
Nutri-Grain Bar  
Skim Milk

## FRIDAY

4-23-21  
*Date*

**Breakfast**  
Biscuits & Gravy  
Peaches  
Skim Milk

**Lunch**  
WG Spaghetti  
W/GB  
Corn  
Garlic Cheese  
Bread  
Mandarin  
Oranges  
Skim Milk

**Snack**  
String Cheese  
Pepperoni Slices  
Wheat Crackers  
Water



