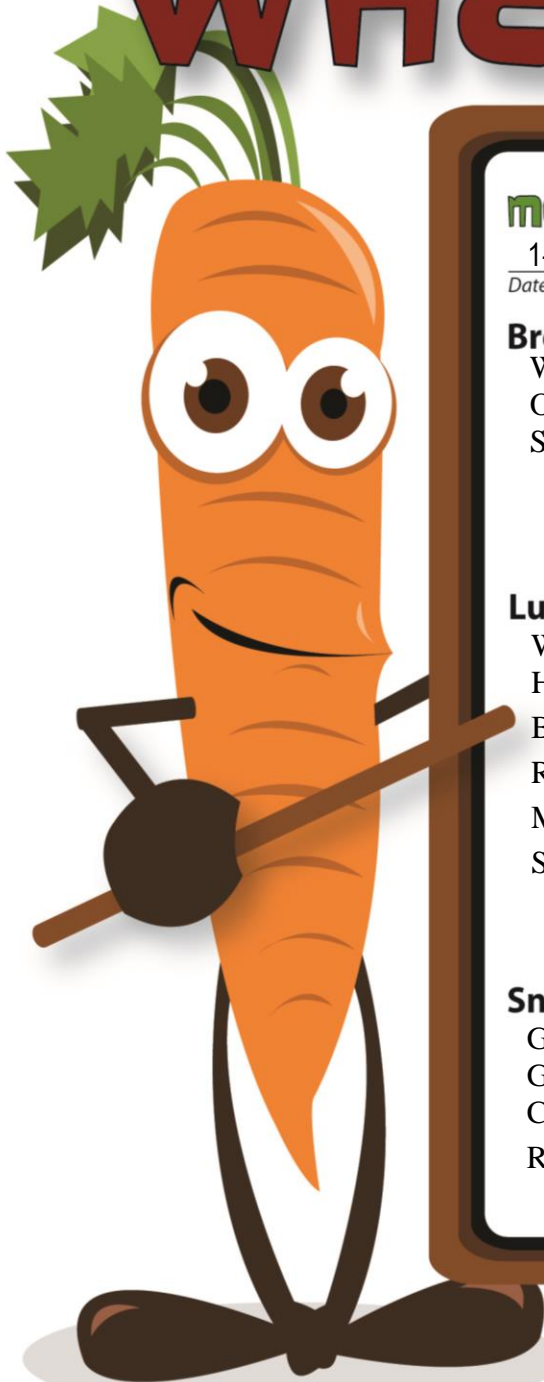


WHAT'S TO EAT THIS WEEK?



MONDAY

1-24-22

Date

Breakfast

WG Cheerios
Oranges
Skim Milk

Lunch

Whole Wheat
Ham Sandwich
Baby Carrots
Ranch Dip
Mixed Fruit
Skim Milk

Snack

Goldfish
Graham
Crackers
Raisins, Sk.Milk

TUESDAY

1-25-22

Date

Breakfast

WG Pancakes
Applesauce
Skim Milk

Lunch

Chili
W/Tomatoes &
GB
Shredded
Cheddar
Oyster Crackers
Banana
Skim Milk

Snack

WG Bagels
Cream Cheese
Skim Milk

WEDNESDAY

1-26-22

Date

Breakfast

WG Cinnamon
Toast
Bananas
Skim Milk

Lunch

WG Pepperoni
Pizza Wraps
Cream Cheese
Corn
Tropical Fruit
Salad
Skim Milk

Snack

Pretzels
String Cheese
Water

THURSDAY

1-27-22

Date

Breakfast

Eggs
WG Toast
Apple Slices
Skim Milk

Lunch

BBQ Pork on
WG Bun
Baby Carrots
Ranch Dip
Pineapple
Skim Milk

Snack

Yogurt
Apples
Water

FRIDAY

1-28-22

Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

Spanish Rice
W/GB
Green Beans
Mandarin
Oranges
Skim Milk

Snack

Trail Mix
Dried Fruit
Skim Milk



