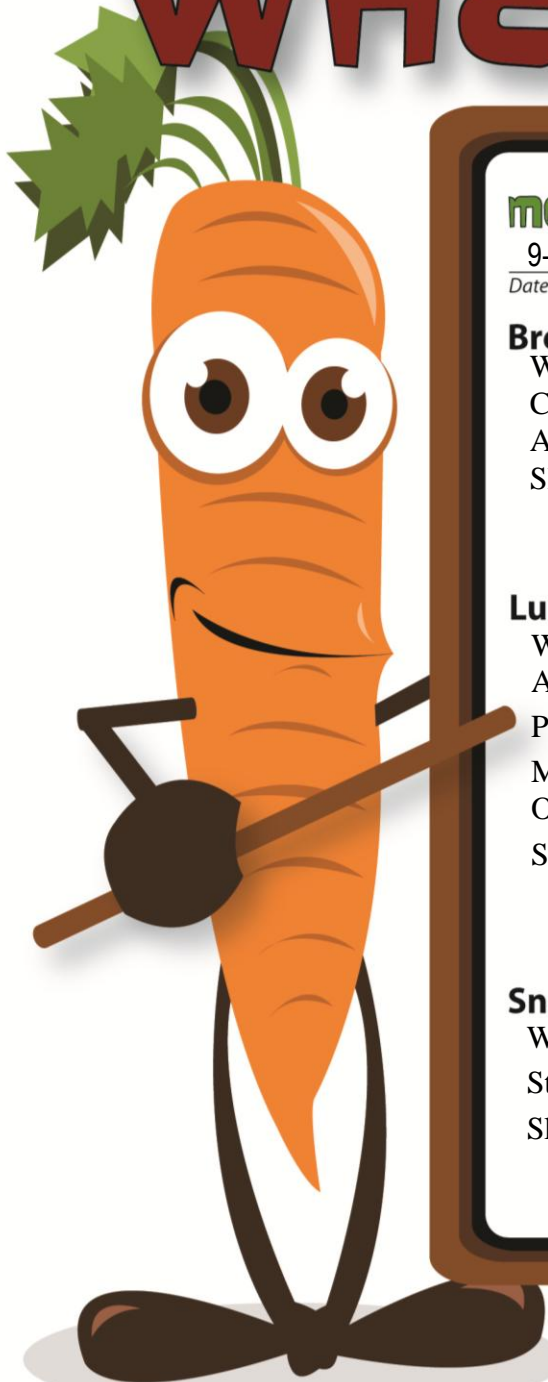


WHAT'S TO EAT THIS WEEK?



MONDAY

9-24-18
Date

Breakfast
Whole Wheat
Cinnamon Toast
Applesauce
Skim Milk

Lunch
WG Chicken
Alfredo Pizza
Peas
Mandarin
Oranges
Skim Milk

Snack
Wheat Crackers
String Cheese
Skim Milk

TUESDAY

9-25-18
Date

Breakfast
WG Cheerios
Bananas
Skim Milk

Lunch
Vegetable Soup
W/GB
Oyster Crackers
Apple Slices
Skim Milk

Snack
Baby Carrots &
Broccoli
Ranch Dip
Skim Milk

WEDNESDAY

9-26-18
Date

Breakfast
Biscuits & Gravy
Peaches
Skim Milk

Lunch
Spanish Rice
W/Ground Beef
Green Beans
Pears
Skim Milk

Snack
Yogurt
½ Banana
Skim Milk

THURSDAY

9-27-18
Date

Breakfast
WG English
Muffin W/Egg &
Cheese
Apple Slices
W/PB
Skim Milk

Lunch
WG Spaghetti
W/GB
Corn
Tropical Fruit
Salad
Skim Milk

Snack
WG Kix Cereal
Orange Slices
Skim Milk

FRIDAY

9-28-18
Date

Breakfast
Pancakes
Applesauce
Skim Milk

Lunch
WG Hot Ham
& Cheese Wrap
Baby Carrots
W/Ranch Dip
Orange Slices
Skim Milk

Snack
Trail Mix
W/WG Cheerios
& Raisins
Skim Milk



