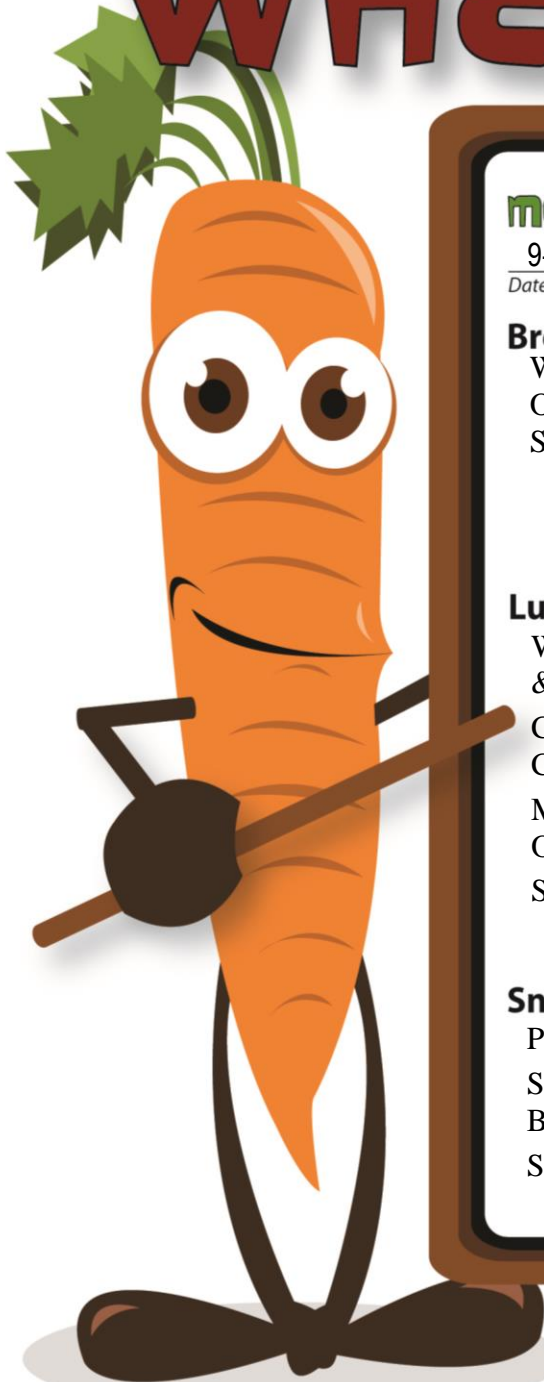


WHAT'S TO EAT THIS WEEK?



MONDAY

9-20-21
Date

Breakfast
WG Cheerios
Orange Slices
Skim Milk

Lunch
WG Hot Ham & Cheese
Cream Cheese Corn
Mandarin Oranges
Skim Milk

Snack
Pretzels
Sunflower Butter
Skim Milk

TUESDAY

9-21-21
Date

Breakfast
WG Pancakes
Applesauce
Skim Milk

Lunch
WG Macaroni & Cheese
Peas
Tropical Fruit Salad
Skim Milk

Snack
String Cheese
Ham
Wheat Crackers
Water

WEDNESDAY

9-22-21
Date

Breakfast
Whole Wheat Cinnamon Toast
Apple Slices
Sunflower Butter
Skim Milk

Lunch
WG Chicken Alfredo Pizza
Baby Carrots
Ranch Dip
Pineapple Tidbits
Skim Milk

Snack
Bananas
Skim Milk

THURSDAY

9-23-21
Date

Breakfast
WG Oatmeal
Raisins
Skim Milk

Lunch
Taco Roll Ups
W/GB
Corn
Mandarin Oranges
Skim Milk

Snack
Trail Mix
Dried Fruit
Skim Milk

FRIDAY

9-24-21
Date

Breakfast
Biscuits & Gravy
Peaches
Skim Milk

Lunch
WG Spaghetti
W/GB
Mixed Vegetables
Pears
Skim Milk

Snack
Goldfish Crackers
Raisins
Skim Milk



