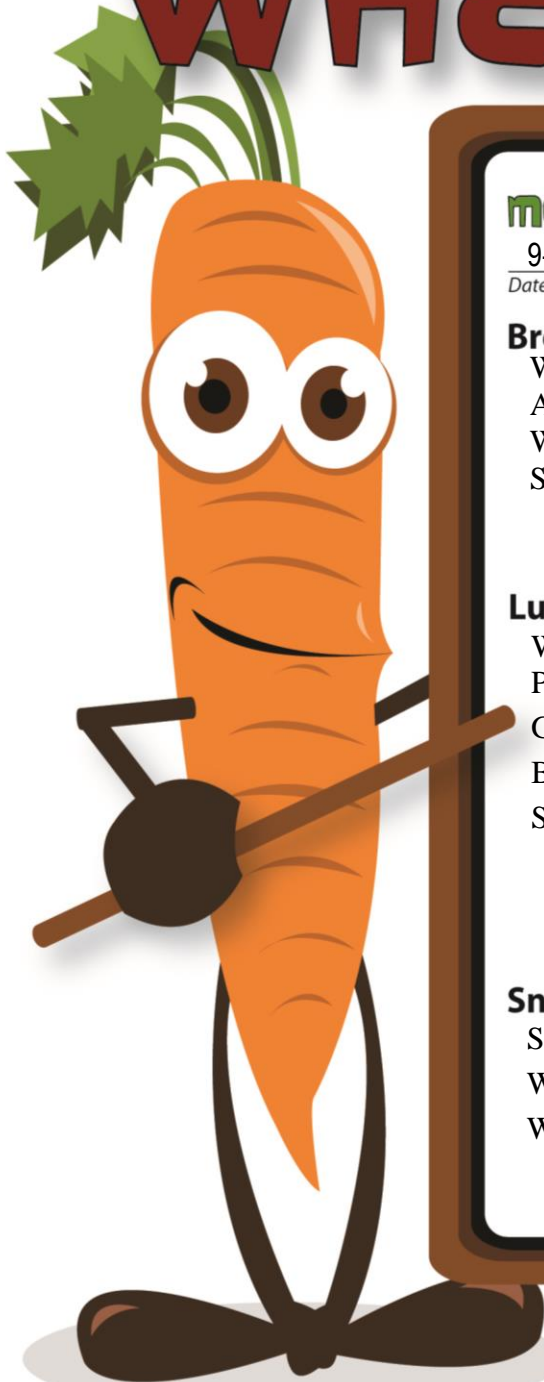


# WHAT'S TO EAT THIS WEEK?



## MONDAY

9-19-22  
*Date*

### Breakfast

WG Pancakes  
Applesauce  
W/Cinnamon  
Skim Milk

### Lunch

WG Mexican  
Pizza  
Green Beans  
Bananas  
Skim Milk

### Snack

String Cheese  
Wheat Crackers  
Water

## TUESDAY

9-20-22  
*Date*

### Breakfast

WG Cinnamon  
Toast  
Yogurt  
Tropical Fruit  
Salad  
Skim Milk

### Lunch

WG Spaghetti  
W/GB  
Corn  
Pears  
Skim Milk

### Snack

Graham  
Crackers  
Sunflower  
Butter,Sk. Milk

## WEDNESDAY

9-21-22  
*Date*

### Breakfast

Biscuits & Gravy  
Peaches  
Skim Milk

### Lunch

WG Chicken  
Alfredo Pizza  
Peas  
Mixed Fruit  
Skim Milk

### Snack

Pretzels  
Oranges  
Skim Milk

## THURSDAY

9-22-22  
*Date*

### Breakfast

WG Bagels  
W/Cream Cheese  
Orange Slices  
Skim Milk

### Lunch

Vegetable Soup  
W/GB  
Oyster Crackers  
Orange Slices  
Skim Milk

### Snack

Yogurt  
Apples  
Water

## FRIDAY

9-23-22  
*Date*

### Breakfast

WG Cheerios  
Apple Slices  
Sunflower Butter  
Skim Milk

### Lunch

Whole Wheat  
Turkey  
Sandwich  
Baby Carrots  
Ranch Dip  
Oranges  
Skim Milk

### Snack

Granola Bar  
Raisins  
Skim Milk



