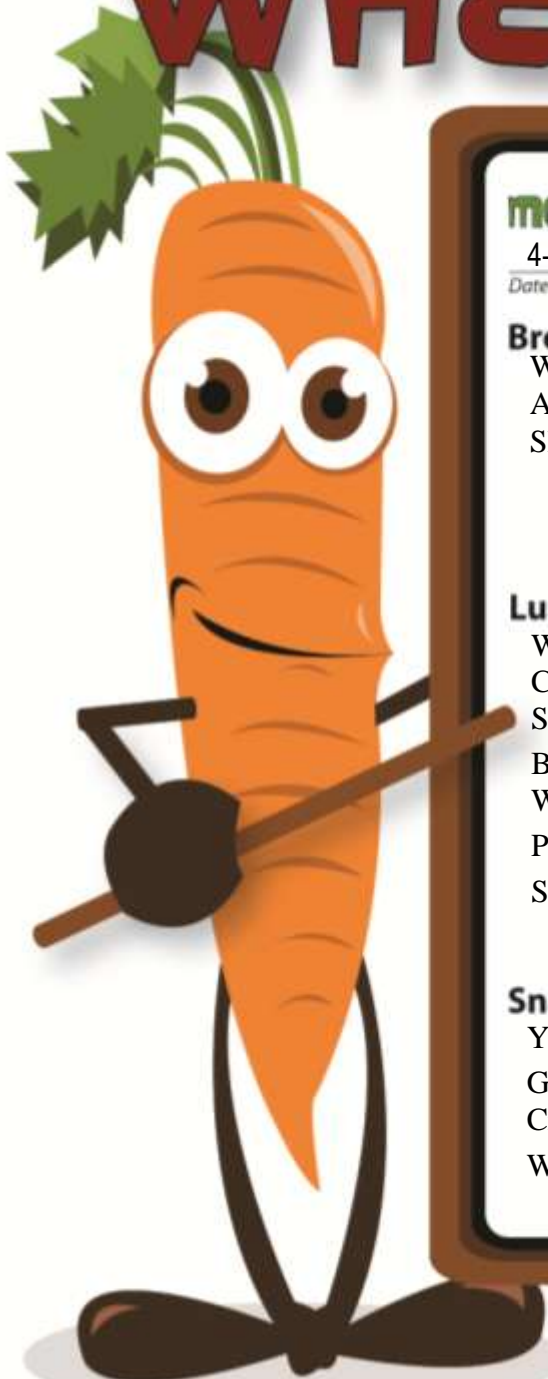


WHAT'S TO EAT THIS WEEK?



MONDAY

4-22-19

Date

Breakfast

WG Kix Cereal
Apple Slices
Skim Milk

Lunch

WG Turkey
Cheese
Sandwich
Broccoli
W/Ranch Dip
Pineapple Rings
Skim Milk

Snack

Yogurt
Graham
Crackers
Water

TUESDAY

4-23-19

Date

Breakfast

WG Bagel Thin
W/Cream Cheese
Apples
W/Sunflower
Butter
Skim Milk

Lunch

Taco Soup
W/GB, Tomato
Shredded
Cheddar
Orange Slices
Skim Milk

Snack

Bananas
Skim Milk

WEDNESDAY

4-24-19

Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

Chicken and
Rice
Peas
Tropical Fruit
Salad
Skim Milk

Snack

Goldfish
Crackers
Dried Fruit
Water

THURSDAY

4-25-19

Date

Breakfast

French Toast Stix
Applesauce
Skim Milk

Lunch

WG Chicken
Alfredo Pizza
Cooked Carrots
Mandarin
Oranges
Skim Milk

Snack

Animal
Crackers
Sunflower
Butter
Skim Milk

FRIDAY

4-26-19

Date

Breakfast

Eggs W/WG
Toast
Mandarin
Oranges
Skim Milk

Lunch

WG Beef &
Noodles
Corn
Pears
Skim Milk

Snack

String Cheese
Ham Slice
Wheat Crackers
Water



