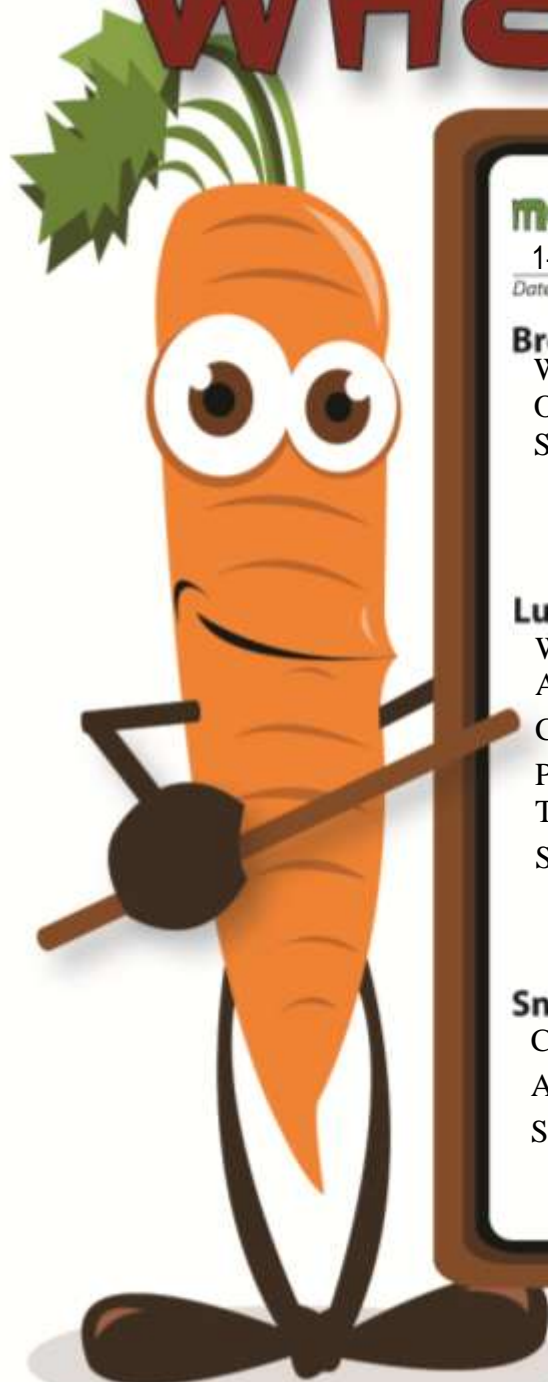


WHAT'S TO EAT THIS WEEK?



MONDAY

1-21-19

Date

Breakfast

WG Kix
Orange Slices
Skim Milk

Lunch

WG Chicken
Alfredo Pizza
Carrots
Pineapple
Tidbits
Skim Milk

Snack

Cheez Its
Apple Slices
Skim Milk

TUESDAY

1-22-19

Date

Breakfast

WG Bagel Thin
W/Cream Cheese
Mixed Fruit
Skim Milk

Lunch

Vegetable Soup
W/GB
Oyster Crackers
Apples
Skim Milk

Snack

Bananas
Skim Milk

WEDNESDAY

1-23-19

Date

Breakfast

WG Oatmeal
Raisins
Skim Milk

Lunch

WG Chicken
Spaghetti
Peas
Tropical Fruit
Salad
Skim Milk

Snack

Applesauce
Skim Milk

THURSDAY

1-24-19

Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

WG Bean &
Cheese Burrito
W/GB
Corn
Mandarin
Oranges
Skim Milk

Snack

WG Sunflower
Butter & Jelly
Sandwich
Skim Milk

FRIDAY

1-25-19

Date

Breakfast

Pancakes
Applesauce
Skim Milk

Lunch

WG Hot Ham
& Cheese Wrap
Baby Carrots
Ranch Dip
Mixed Fruit
Skim Milk

Snack

Granola Bar
Skim Milk



