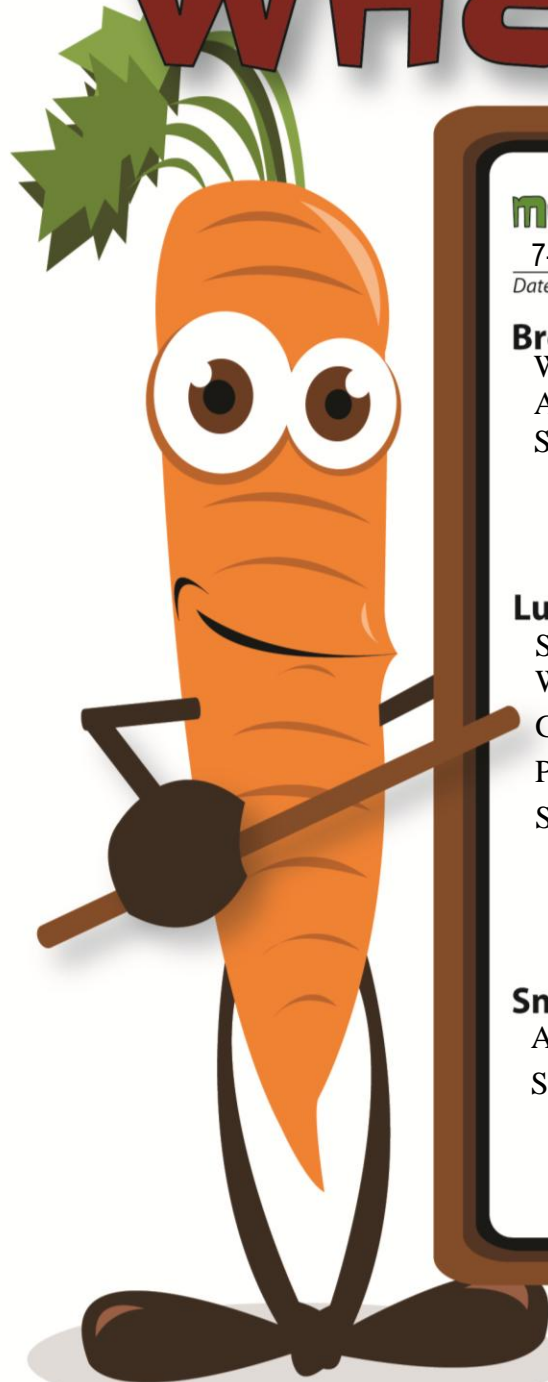


WHAT'S TO EAT THIS WEEK?



MONDAY

7-24-17

Date

Breakfast

WG Kix Cereal
Apple Slices
Skim Milk

Lunch

Spanish Rice
W/GB
Green Beans
Peaches
Skim Milk

Snack

Applesauce
Skim Milk

TUESDAY

7-25-17

Date

Breakfast

WG Bagel Thin
W/Cream Cheese
Apples W/nut-free Butter
Skim Milk

Lunch

WG Hot Ham & Cheese Wrap
Baby Carrots
W/Ranch Dip
Bananas
Skim Milk

Snack

Wheat Crackers
Orange Slices
Water

WEDNESDAY

7-26-17

Date

Breakfast

WG English Muffin W/ Egg & Cheese
Orange Slices
Skim Milk

Lunch

Macaroni & Cheese W/Ham
Peas
Apples
Skim Milk

Snack

WG Nut Free Butter Sandwich
Skim Milk

THURSDAY

7-27-17

Date

Breakfast

Scrambled Eggs
Whole Wheat Toast
Mandarin Oranges
Skim Milk

Lunch

WG Chicken Alfredo Pizza
Mixed Vegetables
Pineapple Tidbits
Skim Milk

Snack

Fruit Salad
Skim Milk

FRIDAY

7-28-17

Date

Breakfast

Pancakes
Applesauce
Skim Milk

Lunch

WG Spaghetti W/GB
Corn
Tropical Fruit Salad
Skim Milk

Snack

Yogurt
Bananas
Skim Milk



