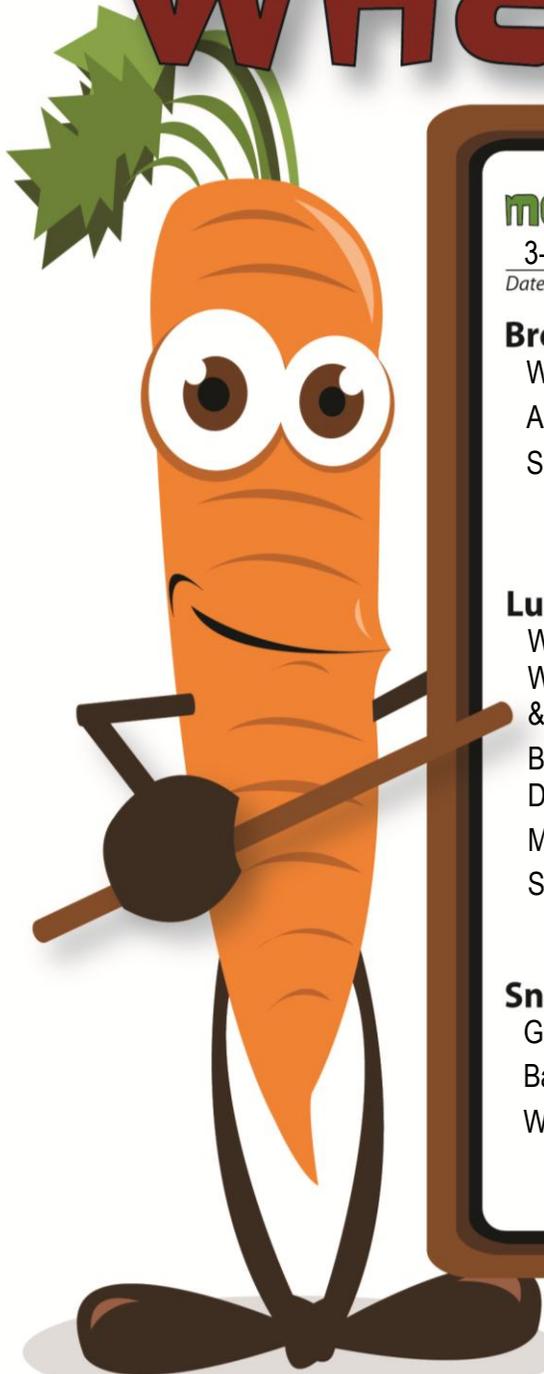


WHAT'S TO EAT THIS WEEK?



MONDAY

3-19-18

Date

Breakfast

WG Kix Cereal
Apple Slices
Skim milk

Lunch

WG Turkey Club
Wrap W/Lettuce
& Tomato
Broccoli W/Ranch
Dip
Mixed Fruit
Skim Milk

Snack

Graham Crackers
Bananas
Water

TUESDAY

3-20-18

Date

Breakfast

Whole Wheat Bagel
Thin W/Cream
Cheese
Pineapple Tidbits
Skim Milk

Lunch

WG Chicken and
Noodles
Peas
Pears
Skim Milk

Snack

Fruit & Yogurt
Parfait W/Granola
& Blueberries
Water

WEDNESDAY

3-21-18

Date

Breakfast

WG Cinnamon
Toast
Peaches
Skim Milk

Lunch

WG Crunchy
Hawaiian Chicken
Wrap
Baby Carrots
Ranch Dip
Mandarin
Oranges
Skim Milk

Snack

WG Nut-Free
Butter & Jelly
Wrap
Skim Milk

THURSDAY

3-22-18

Date

Breakfast

Blueberry Muffins
Bananas
Skim Milk

Lunch

WG Mini
Pepperoni Pizza
Spinach Salad
W/Ranch
Pineapple Tidbits
Skim Milk

Snack

Fruit Salad
Skim Milk

FRIDAY

3-23-18

Date

Breakfast

Cheesy Scrambled
Eggs
Whole Wheat Toast
Mixed Fruit
Skim Milk

Lunch

WG Garden
Spaghetti
W/Ground Beef
Corn
Mandarin
Oranges
Skim Milk

Snack

Pretzel Stix
Nut-Free Butter
Skim Milk



