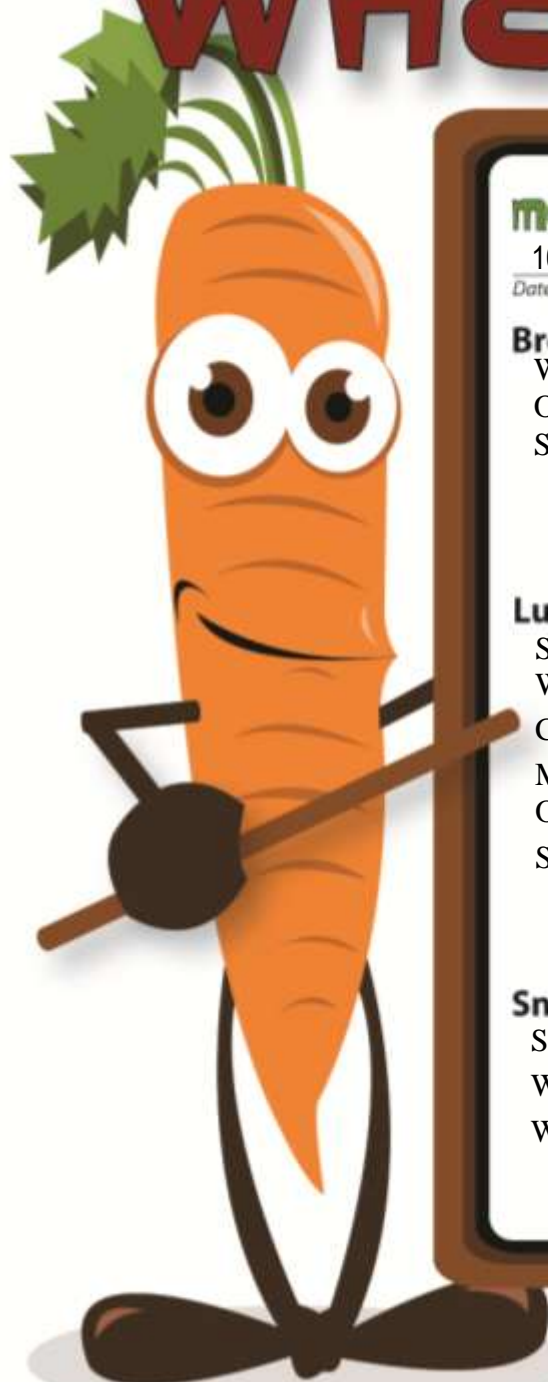


WHAT'S TO EAT THIS WEEK?



MONDAY

10-21-19

Date

Breakfast

WG Kix Cereal
Orange Slices
Skim Milk

Lunch

Spanish Rice
W/GB
Corn
Mandarin
Oranges
Skim Milk

Snack

String Cheese
Wheat Crackers
Water

TUESDAY

10-22-19

Date

Breakfast

WG Oatmeal
Raisins
Skim Milk

Lunch

Vegetable Soup
W/GB
Oyster Crackers
Apple Slices
Skim Milk

Snack

Goldfish
Grahams
Sunflower
Butter, Sk. Milk

WEDNESDAY

10-23-19

Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

Grilled Chicken
Strips
Green Beans
Whole Wheat
Bread
Pineapple Rings
Skim Milk

Snack

WG Ham &
Cheese Wrap
Skim Milk

THURSDAY

10-24-19

Date

Breakfast

Pancakes
Applesauce
Skim Milk

Lunch

WG Pepperoni
Pizza
Peas
Bananas
Skim Milk

Snack

Trail Mix
W/WG Cheerios
Raisins, Craisins
Skim Milk

FRIDAY

10-25-19

Date

Breakfast

WG Egg &
Cheese on English
Muffin
Orange Slices
Skim Milk

Lunch

WG Mexican
Pizza
Baby Carrots
W/Ranch Dip
Tropical Fruit
Salad
Skim Milk

Snack

Pretzels
Sunflower
Butter
Water



