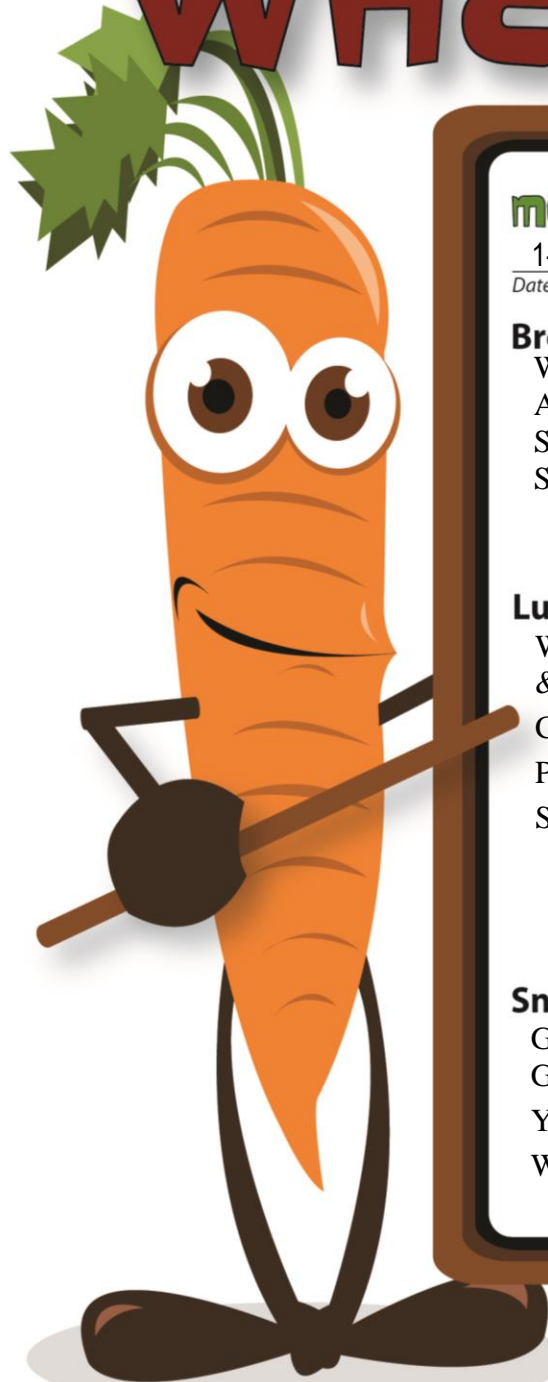


WHAT'S TO EAT THIS WEEK?



MONDAY

1-30-23

Date

Breakfast

WG Cheerios
Apple Slices
Sunflower Butter
Skim Milk

Lunch

WG Hot Ham
& Cheese
Carrots
Pears
Skim Milk

Snack

Goldfish
Grahams
Yogurt
Water

TUESDAY

1-31-23

Date

Breakfast

WG Bagel Thins
Cream Cheese
Bananas
Skim Milk

Lunch

WG Grilled
Pepperoni
Sandwich
Carrots
Tropical Fruit
Salad
Skim Milk

Snack

Veggie Straws
Orange Slices
Skim Milk

WEDNESDAY

2-1-23

Date

Breakfast

WG Waffles
Cinnamon
Applesauce
Skim Milk

Lunch

Spaghetti
W/GB
Corn
Peaches
Skim Milk

Snack

String Cheese
Wheat Crackers
Water

THURSDAY

2-2-23

Date

Breakfast

Eggs
Whole Wheat
Toast
Oranges
Skim Milk

Lunch

Vegetable Soup
W/GB
Oyster Crackers
Orange Slices
Skim Milk

Snack

WG Trail Mix
Raisins
Skim Milk

FRIDAY

2-3-23

Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

WG Taco Pizza
Baby Carrots
Pears
Skim Milk

Snack

Nutri Grain Bar
Apples
Skim Milk



