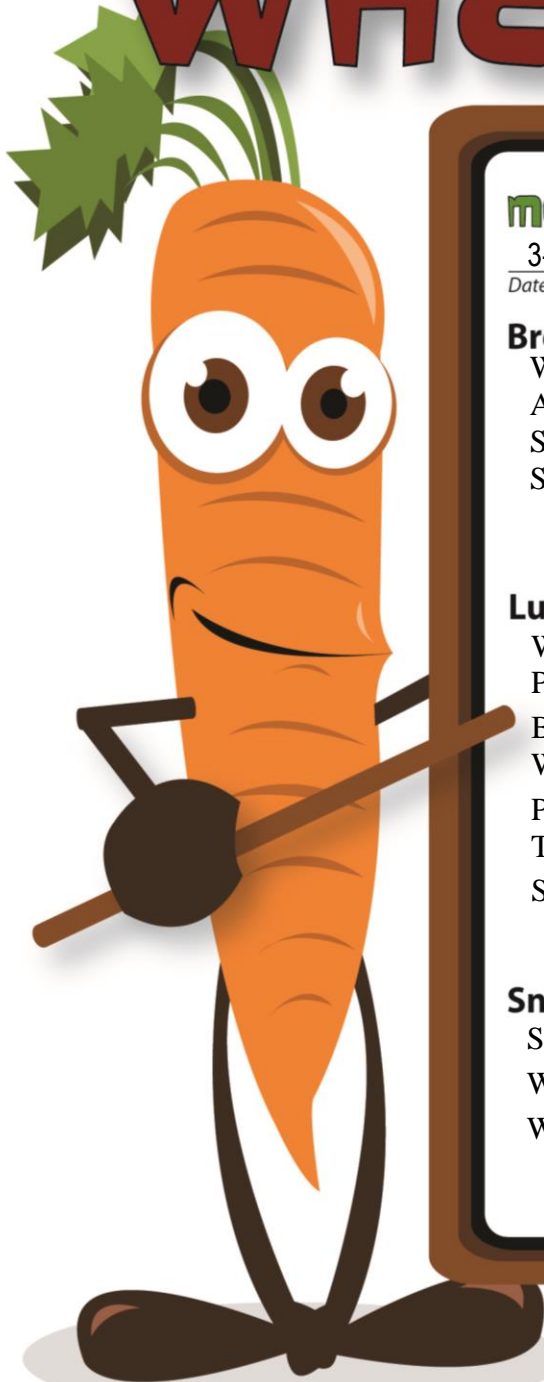


WHAT'S TO EAT THIS WEEK?



MONDAY

3-29-21
Date

Breakfast
WG Kix Cereal
Apple Slices
Sunflower Butter
Skim Milk

Lunch
WG Pepperoni
Pizza
Baby Carrots
W/Ranch Dip
Pineapple
Tidbits
Skim Milk

Snack
String Cheese
Wheat Crackers
Water

TUESDAY

3-30-21
Date

Breakfast
Whole Wheat
Bagel Thins
W/Cream Cheese
Raisins
Skim Milk

Lunch
WG Mac &
Cheese
Peas
Pears
Skim Milk

Snack
Yogurt
Graham
Crackers
Water

WEDNESDAY

3-31-21
Date

Breakfast
Pancakes
Applesauce
Skim Milk

Lunch
WG Turkey &
Cheese Wrap
Mixed
Vegetables
W/Ranch Dip
Mandarin
Oranges
Skim Milk

Snack
Bananas
Skim Milk

THURSDAY

4-1-21
Date

Breakfast
Biscuits & Gravy
Peaches
Skim Milk

Lunch
WG Spaghetti
W/GB
Corn
Mandarin
Oranges
Skim Milk

Snack
WG Trail Mix
W/Cheerios,
Raisins, Craisins
Skim Milk

FRIDAY

4-2-21
Date

Breakfast
WG Cheerios
Orange Slices
Skim Milk

Lunch
WG Grilled
Cheese
Sandwich
Cucumbers
W/Ranch Dip
Tropical Fruit
Salad
Skim Milk

Snack
Nutri-Grain Bar
Orange Slice
Skim Milk



