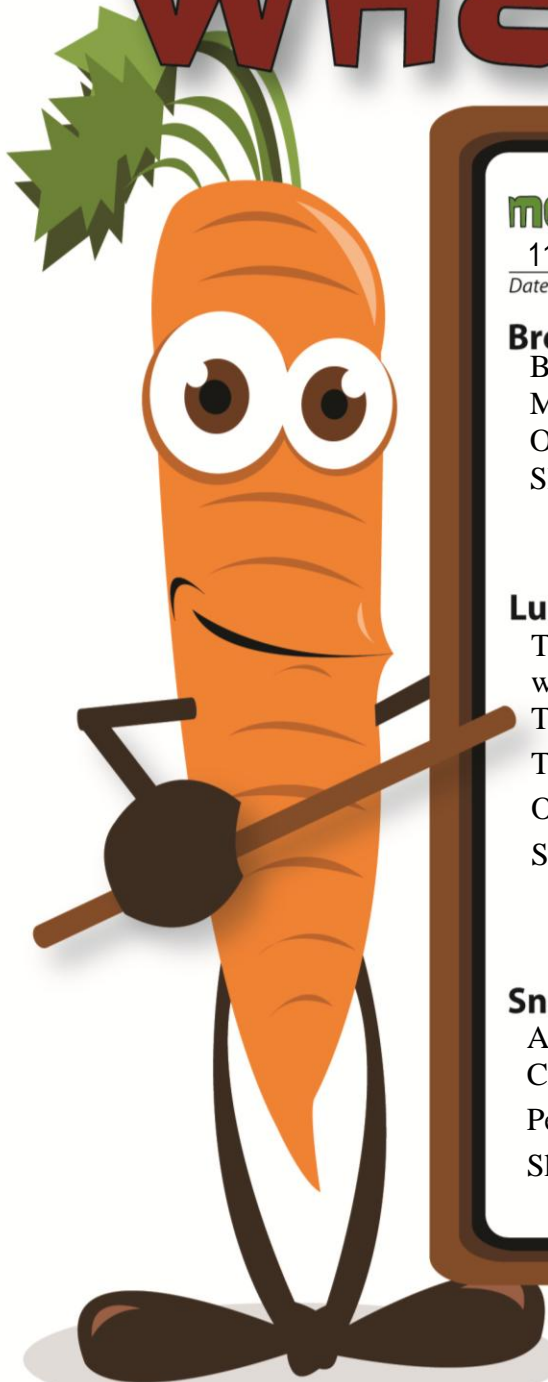


WHAT'S TO EAT THIS WEEK?



MONDAY

11-28-16

Date

Breakfast

Biscuits & Gravy
Mandarin
Oranges
Skim Milk

Lunch

Taco Soup
w/GB,
Tomatoes
Tortilla Chips
Orange Slices
Skim Milk

Snack

Animal
Crackers
Peanut Butter
Skim Milk

TUESDAY

11-29-16

Date

Breakfast

WG Oatmeal
Raisins
Skim Milk

Lunch

WG Chicken
Alfredo Pizza
Peas
Tropical Fruit
Salad
Skim Milk

Snack

WG Peanut
Butter & Jelly
Wrap, Banana
Skim Milk

WEDNESDAY

11-30-16

Date

Breakfast

Whole Wheat
Bagel Thin
W/Cream Cheese
Pineapple
Skim Milk

Lunch

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

Snack

Applesauce
Skim Milk

THURSDAY

12-1-16

Date

Breakfast

WG Cheerios
Bananas
Skim Milk

Lunch

Vegetable
Alphabet Soup
w/Ground
Turkey
Oyster Crackers
WG Roll
Oranges
Skim Milk

Snack

Vanilla Yogurt
W/Pineapple
and Blueberries
Water

FRIDAY

12-2-16

Date

Breakfast

Scrambled Eggs
Whole Wheat
Toast
Orange Slices
Skim Milk

Lunch

Spanish Rice
W/GB
Green Beans
Bananas
Skim Milk

Snack

Apples
Wheat Crackers
Skim Milk



