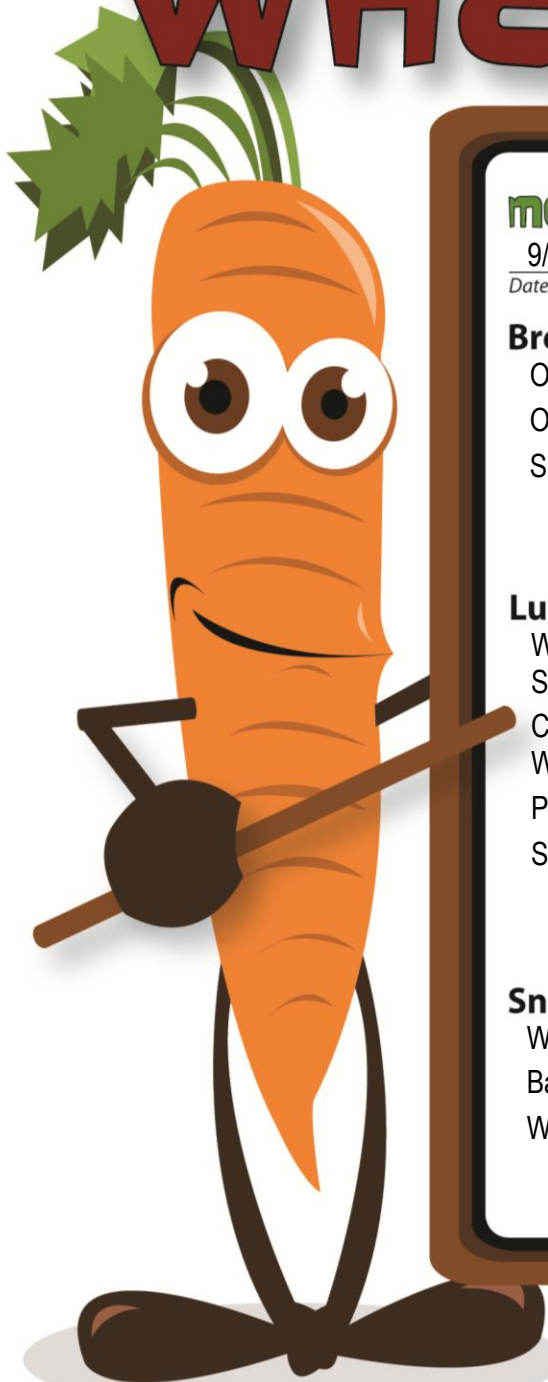


WHAT'S TO EAT THIS WEEK?



MONDAY

9/28/15
Date

Breakfast

Oatmeal
Orange Slices
Skim Milk

Lunch

WG Tuna Sandwich
Carrot Stix W/Ranch Dip
Peaches
Skim Milk

Snack

WG PB & Jelly
Banana
Water

TUESDAY

9/29/15
Date

Breakfast

WG Cinnamon Toast
Peaches
Skim Milk

Lunch

WG Chicken Noodle Soup
Carrots
Crackers
Orange Slices
Skim Milk

Snack

Vanilla Yogurt
Apple Slices
Water

WEDNESDAY

9/30/15
Date

Breakfast

Scrambled Eggs
Whole Wheat Toast
Mandarin Oranges
Skim Milk

Lunch

Sloppy Joes on WG Bun
Broccoli W/Ranch Dip
Mixed Fruit
Skim Milk

Snack

Whole Wheat Bagel Thin W/Cream Cheese
Skim Milk

THURSDAY

10/1/15
Date

Breakfast

WG Cheerios
Bananas
Skim Milk

Lunch

Porcupine Sliders
Green Beans
WG Roll
Tropical Fruit Salad
Skim Milk

Snack

Trail Mix
Raisins
Skim Milk

FRIDAY

10/2/15
Date

Breakfast

Biscuits & Gravy
Pineapple Tidbits
Skim Milk

Lunch

WG Soft Taco
Corn
Mandarin Oranges
Skim Milk

Snack

Bananas
Skim Milk



