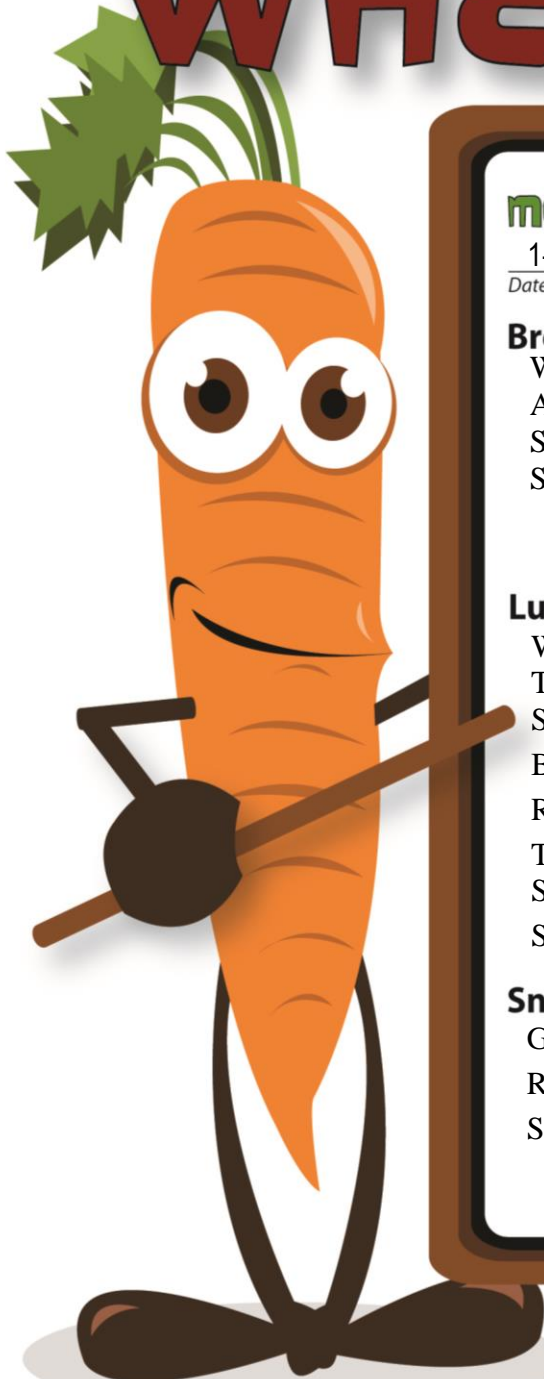


WHAT'S TO EAT THIS WEEK?



MONDAY

1-16-23

Date

Breakfast

WG Cheerios
Apple Slices
Sunflower Butter
Skim Milk

Lunch

Whole Wheat
Turkey
Sandwich
Baby Carrots
Ranch Dip
Tropical Fruit
Salad
Skim Milk

Snack

Granola Bar
Raisins
Skim Milk

TUESDAY

1-17-23

Date

Breakfast

WG Bagel Thins
Cream Cheese
Bananas
Skim Milk

Lunch

Vegetable Soup
W/GB
Oyster Crackers
Orange Slices
Skim Milk

Snack

Yogurt
Graham
Crackers
Water

WEDNESDAY

1-18-23

Date

Breakfast

WG Pancakes
Cinnamon
Applesauce
Skim Milk

Lunch

WG Chicken
Alfredo Pizza
Green Beans
Peaches
Skim Milk

Snack

WG Trail Mix
Dried Fruit
Skim Milk

THURSDAY

1-19-23

Date

Breakfast

Whole Wheat
Cinnamon Toast
Peaches
Skim Milk

Lunch

WG Beefy
Cheesy Mac
Peas
Mixed Fruit
Skim Milk

Snack

Bananas
Skim Milk

FRIDAY

1-20-23

Date

Breakfast

Biscuits & Gravy
Peaches
Skim Milk

Lunch

WG Mexican
Pizza
Corn
Pears
Skim Milk

Snack

String Cheese
Wheat Crackers
Water



