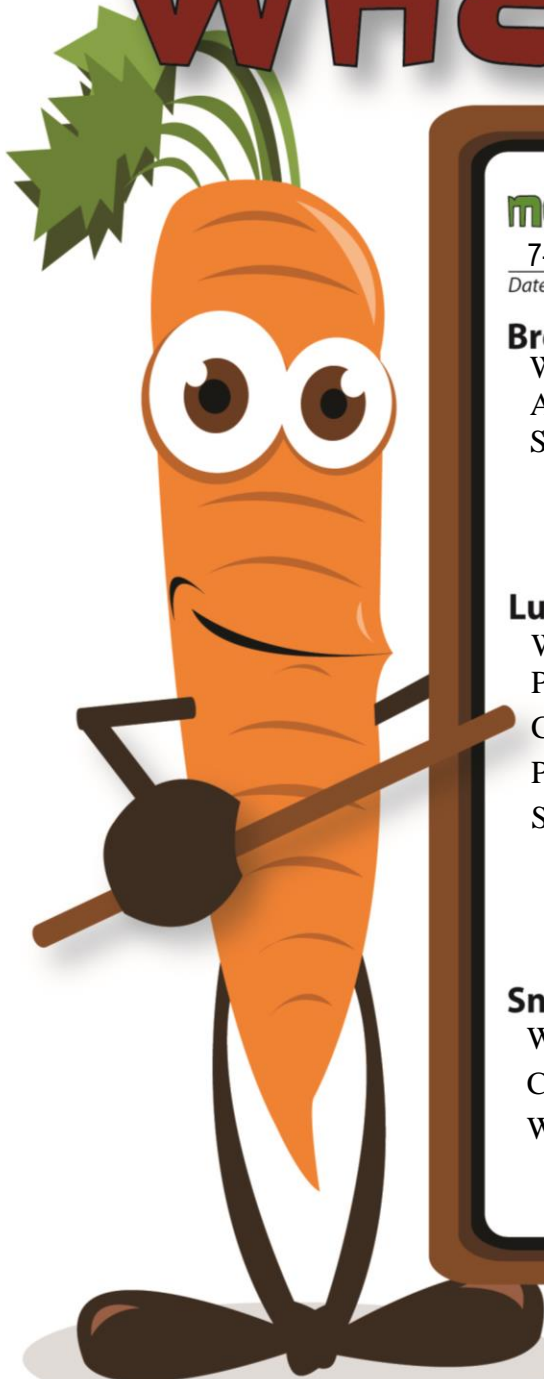


# WHAT'S TO EAT THIS WEEK?



## MONDAY

7-8-24  
*Date*

### Breakfast

WG Pancakes  
Applesauce  
Skim Milk

### Lunch

WG Mexican  
Pizza  
Corn  
Peaches  
Skim Milk

### Snack

Wheat Crackers  
Cheese Slices  
Water

## TUESDAY

7-9-24  
*Date*

### Breakfast

WG Bagel Thins  
Cream Cheese  
Raisins  
Skim Milk

### Lunch

Chicken  
Nuggets  
WG Bread  
Green Beans  
Pears  
Skim Milk

### Snack

Yogurt  
Graham  
Crackers  
Water

## WEDNESDAY

7-10-24  
*Date*

### Breakfast

WG Cheerios  
Bananas  
Skim Milk

### Lunch

WG Turkey  
Sandwich  
Baby Carrots  
Ranch  
Apples  
Skim Milk

### Snack

Granola Bar  
Raisins  
Water

## THURSDAY

7-11-24  
*Date*

### Breakfast

Eggs  
Whole Wheat  
Toast  
Oranges  
Skim Milk

### Lunch

WG Beef &  
Noodles W/GB  
Mixed  
Vegetables  
Tropical Fruit  
Salad  
Skim Milk

### Snack

Pretzels  
Applesauce  
Skim Milk

## FRIDAY

7-12-24  
*Date*

### Breakfast

Biscuits & Gravy  
100% OJ  
Skim Milk

### Lunch

WG Chicken  
Alfredo  
Carrots  
Mixed Fruit  
Skim Milk

### Snack

Trail Mix  
W/Dried Fruit  
Skim Milk



