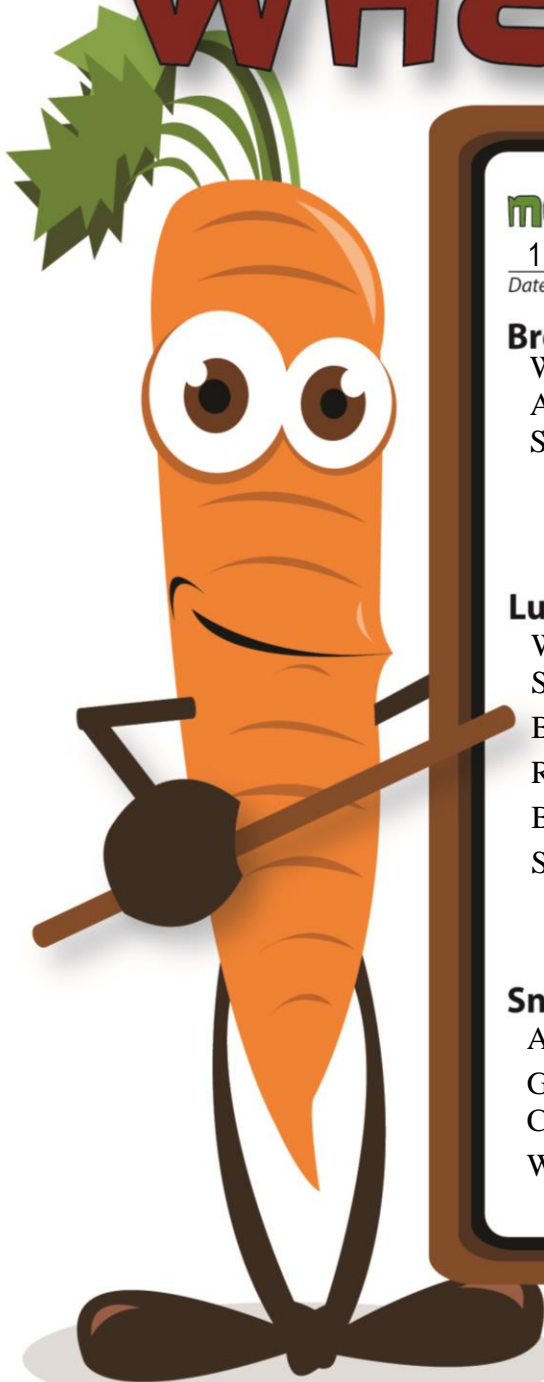


WHAT'S TO EAT THIS WEEK?



MONDAY

11-18-24
Date

Breakfast
WG Kix Cereal
Apple Slices
Skim Milk

Lunch
WG Ham Sandwich
Baby Carrots
Ranch Dip
Bananas
Skim Milk

Snack
Applesauce
Graham Crackers
Water

TUESDAY

11-19-24
Date

Breakfast
WG Oatmeal
Raisins
Skim Milk

Lunch
Mexican Pizza
Corn
Apples
Skim Milk

Snack
Cinnamon Apple Rice Cakes
Skim Milk

WEDNESDAY

11-20-24
Date

Breakfast
Pancakes
Applesauce
Skim Milk

Lunch
Taco Soup
W/GB
Corn, Tomatoes
Shredded Cheddar
Tortilla Chips
Oranges
Skim Milk

Snack
String Cheese
Wheat Crackers
Water

THURSDAY

11-21-24
Date

Breakfast
WG Bagel
Cream Cheese
Banana
Skim Milk

Lunch
Turkey Ham
Green Beans
Mashed Potatoes
Roll
Skim Milk

Snack
Thanksgiving Cornucopias
W/Dried Fruit
Skim Milk

FRIDAY

11-22-24
Date

Breakfast
Biscuits & Gravy
Oranges
Skim Milk

Lunch
Spanish Rice
W/GB
Mixed Vegetables
Pineapple
Tidbits
Skim Milk

Snack
Cheez Its
Banana Chips
Water



