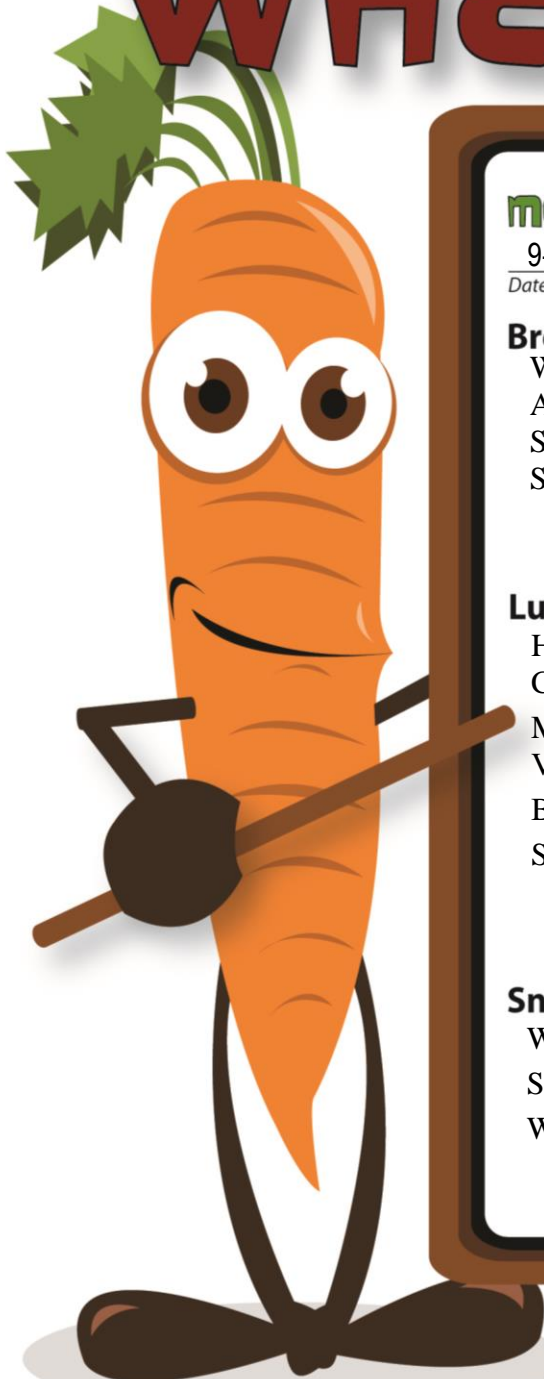


# WHAT'S TO EAT THIS WEEK?



## MONDAY

9-30-24  
*Date*

**Breakfast**  
WG Cheerios  
Apples  
Sunflower Butter  
Skim Milk

**Lunch**  
Hot Ham & Cheese  
Mixed Vegetables  
Banana  
Skim Milk

**Snack**  
Wheat Crackers  
String Cheese  
Water

## TUESDAY

10-1-24  
*Date*

**Breakfast**  
WG Bagel  
Cream Cheese  
Bananas  
Skim Milk

**Lunch**  
WG Chicken Alfredo  
Carrots  
Peaches  
Skim Milk

**Snack**  
Yogurt  
Graham Crackers  
Water

## WEDNESDAY

10-2-24  
*Date*

**Breakfast**  
Biscuits & Gravy  
Peaches  
Skim Milk

**Lunch**  
Vegetable Soup W/Shredded Pork  
Oyster Crackers  
Clementines  
Skim Milk

**Snack**  
WG Sun Chips  
Oranges  
Skim Milk

## THURSDAY

10-3-24  
*Date*

**Breakfast**  
Eggs  
Whole Wheat Toast  
Oranges  
Skim Milk

**Lunch**  
Beef & Noodles W/GB  
Corn  
Tropical Fruit Salad  
Skim Milk

**Snack**  
Applesauce  
Skim Milk

## FRIDAY

10-4-24  
*Date*

**Breakfast**  
French Toast Stix  
Applesauce  
Skim Milk

**Lunch**  
Chicken Patty  
WG Bread  
Peas  
Mixed Fruit  
Skim Milk

**Snack**  
Cheez Its  
Apples  
Skim Milk



