

# WHAT'S TO EAT THIS WEEK?



## MONDAY

1-12-26

Date

### Breakfast

WG Frosted Mini Wheats  
Clementines  
Skim Milk

### Lunch

WG Cheese  
Pizza  
Mixed Vegetables  
Bananas  
Skim Milk

### Snack

Animal Crackers  
Banana Chips  
Water

## TUESDAY

1-13-26

Date

### Breakfast

WG Bagel W/ Cream Cheese  
Apples  
Skim Milk

### Lunch

Mexican Pizza  
W/Refried Beans  
Carrots  
Oranges  
Skim Milk

### Snack

Granola Bar  
Craisins  
Skim Milk

## WEDNESDAY

1-14-26

Date

### Breakfast

Pancakes  
Cinnamon Applesauce  
Skim Milk

### Lunch

WG Grilled Cheese  
Tomato Soup  
Tropical Fruit Salad  
Skim Milk

### Snack

Blueberry Rounds  
Skim Milk

## THURSDAY

1-15-26

Date

### Breakfast

Eggs  
Whole Wheat Toast  
Oranges  
Skim Milk

### Lunch

Baked Ham  
Green Beans  
Pears  
Roll  
Skim Milk

### Snack

Dill Pickles  
Cheez Its  
Skim Milk

## FRIDAY

1-16-26

Date

### Breakfast

Biscuits & Gravy  
Peaches  
Skim Milk

### Lunch

Taco Soup  
W/GB  
Tomatoes  
Corn  
Mixed Fruit  
Skim Milk

### Snack

String Cheese  
Wheat Crackers  
Water



