



Meal of the Day

Breakfast

WGR Muffin- Apple Cinnamon or Blueberry (2 oz)

Yogurt (4 oz)

Fruit Cup (4 oz)

1% Low Fat Milk (0.5 pt)

Lunch

WGR Sunbutter Crustless Sandwich - Grape (2.8 oz)

Mozzarella String Cheese (1 oz)

Baby Carrots (1/2 cup)

Fresh Apple (1/4 cup)

1% Low Fat Milk (0.5 pt)

Ranch



St. Mary's
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Meal of the Day

Breakfast

WGR Banana Bread (3.4 oz)
Mozzarella String Cheese (1 oz)
Applesauce (4.5 oz)
1% Low Fat Milk (0.5 pt)

Lunch

Mini-Cheeseburger Sliders x2 (4 oz) WGR Bread
Vegetable Cup (4 oz)
Fruit Cup (4 oz)
1% Low Fat Milk (0.5 pt)
Mayonnaise, Mustard, & Ketchup



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Meal of the Day

Breakfast

WGR Mini Bagel with Strawberry Cream Cheese (4.3 oz)
Yogurt (4 oz)
Fresh Orange (1/2 cup)
1% Low Fat Milk (0.5 pt)

Lunch

Anytimers Lunch Meal Kit (Pizza or Turkey & Cheese)
Fresh Cucumbers (2.5 oz)
Applesauce Cup (4 oz)
1% Low Fat Milk (0.5pt)
Ranch



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Meal of the Day

Breakfast

Waffle with Syrup (2.4 oz)
Mozzarella String Cheese (1 oz)
Fruit Cup (4 oz)
1% Low Fat Milk (0.5 pt)

Lunch

WGR Grilled Cheese Sandwich (4.19 oz)
Vegetable Cup (4 oz)
Pineapple Spears (2.7 oz)
1% Low Fat Milk (0.5pt)





Meal of the Day

Breakfast

WGR Pumpkin Bread (3.4 oz)
Fresh Apple (1/4 cup)
1% Low Fat Milk (0.5 pt)

Lunch

Chicken Biscuit WGR Bun (3.15 oz)
Sunflower Seeds (1 oz)
Vegetable Cup (4 oz)
Fruit Cup (4 oz)
1% Low Fat Milk (0.5 pt)
BBQ Sauce



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