

Monday

Tuesday

Wednesday

Thursday

Friday

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|----------------------------|----------------------------------|-------------------------------------------------------|-----------------------------|----|
| | | 1 Crunch & Crave Crackers | 2 Cinnamon Graham Crackers | 3 |
| 6 Heartzel Pretzels | 7 String Cheese Graham Crackers | 8 Cool Ranch Doritos | 9 WG Chocolate Chip Muffin | 10 |
| 13 Crunch & Crave Crackers | 14 Low Fat Granola Bar | 15 Cheez-Its | 16 Strawberry Yogurt Chex | 17 |
| 20 | 21 String Cheese Graham Crackers | 22 Cool Ranch Doritos | 23 Cinnamon Graham Crackers | 24 |
| 27 Crunch & Crave Crackers | 28 Low Fat Granola Bar | Assortment of 100% Fruit Juice Available Daily | | |



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. View this menu on the mobile app, FDMealPlanner, or on the web at www.FDMealPlanner.com.

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

**Menu is subject to change, notice posted when available.

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