

SHIRLEY'S MENU

SAMPLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Pancakes w/ Preserves Mandarin Oranges Milk	Oatmeal Sliced Peaches Milk	English Muffin w/ Cheese Cantaloupe Milk	Sausage Biscuit Peaches Milk	Cheerios Fruit Cocktail Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Cheese Pizza on English Muffin Cauliflower Sliced Tomatoes Milk	Spaghetti w/ Ground Beef Tossed Romaine Mixed Vegetables Milk	Turkey & Stuffing Corn Green Beans Milk	Beef Tips & Yellow Rice Diced Carrots Pears Milk	Chicken Salad Sandwich Broccoli Carrot Sticks Milk
AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK
Granola Bar Milk	Wheat Thins Cucumber Water	Tortilla Chips Salsa Water	Lion Faces Water	Cottage Cheese Pineapple Chunks Water
5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK
Goldfish Crackers Juice	Granola Bar Milk	Wheat Thins Carrot Sticks Water	Cookies Mixed Fruit Water	½ Peanut Butter & Jelly Sandwich Water