

MS. SHIRLEY MENU

WEEK 3

August 14th-18th 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cheerios Cereal	Biscuits & Gravy	Mini Bagel w/ Cream Cheese	Waffles w/ preserves	Grits
Pineapple	Diced Pears	Banana	Banana	Mixed Fruit
Milk	Milk	Milk	Milk	Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken & Egg Noodle	Hamburger on Bun	Fish Shapes	Baked Ziti w/ Ground Turkey	Milk Broccoli & Cheese Quiche
Pears	Baked Apples	Mixed Vegetable Mashed Potato	Tossed Romaine	Watermelon
Diced Carrots	Green Beans	Milk	Sweet Potatoes	Carrot Sticks
Milk	Milk		Milk	Milk
AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK
Muffin	CheX Mix	Pita Chips	Triscuits	Ritz Crackers
Milk	Bananas	Salsa	Oranges	Cheese Slices
	Water	Water	Water	Water
5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK
Wheat Thins	Saltine	Goldfish Crackers	½ Ham Sandwich	Triscuits
Apple Wedges	Boiled Egg			Tomato Wedges
Water	Water	Milk	Water	Water