

# SHIRLEY'S MENU

WEEK 4:

JULY 10<sup>th</sup>-12<sup>th</sup> 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Pancakes w/ Preserves	Oatmeal	English Muffin w/ Cheese	Cheerios Cereal	Sausage Biscuit
Mixed Fruit	Diced Peaches	Cantaloupe	Mandarin Oranges	Pineapple
Milk	Milk	Milk	Milk	Milk
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Chicken & Dumplings	Turkey & Stuffing	Spaghetti w/ Ground Beef	Cheese Pizza on English Muffin	Beef Tips Yellow Rice
Broccoli	Corn	Tossed Romaine	Carrot Sticks	Diced Carrots
Cauliflower	Green Beans	Mixed Vegetables	Sliced Tomatoes	Peas
Milk	Milk	Milk	Milk	Milk
<b>AFT. SNACK</b>	<b>AFT. SNACK</b>	<b>AFT. SNACK</b>	<b>AFT. SNACK</b>	<b>AFT. SNACK</b>
Pretzel	Cheese Stick	Sun Chips	Peanut Butter Crackers	Wheat Thins
Applesauce	Pineapple Chunks	Carrot Sticks		Watermelon
Water	Water	Water	Milk	Water
<b>5:15 SNACK</b>	<b>5:15 SNACK</b>	<b>5:15 SNACK</b>	<b>5:15 SNACK</b>	<b>5:15 SNACK</b>
Cheese And Crackers	Peanut Butter & Jelly Sandwich	Pound Cake	Yogurt	Boiled Egg Saltine
		Oranges	Carrot Stick	
Water	Water	Water	Water	Water