

# MS SHIRLEY MENU WEEK 3

OCTOBER 12<sup>th</sup> – 16<sup>th</sup> 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cheerios Peaches Milk	English Muffin Pears Milk	Waffles Banana Milk	Sausage Biscuit Banana Milk	Bagel w/ Cream Cheese Banana Milk
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Chicken & Dumplings Peas Diced Carrots Milk	Red Beans & Rice Corn Mixed Fruit Milk	Chili w/ Ground Beef Peaches Corn Muffins Milk	Grilled Cheese on w/w Bread Tomato Soup Carrot Sticks Milk	Goulash w/ Ground Turkey Green Beans Cauliflower Milk
<b>AFT. SNACK</b>	<b>AFT. SNACK</b>	<b>AFT. SNACK</b>	<b>AFT. SNACK</b>	<b>AFT. SNACK</b>
Pretzels & Cheese Water	Animal Crackers Banana Water	Chex Mix Carrot Sticks Water	Graham Crackers Apple Wedges Water	Cheerios Milk
<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>
Graham Crackers Peaches Water	Chex Mix & Cheese Water	½ Peanut Butter Sandwich Water	Cookies Milk	Cheez-it Crackers Carrot Sticks Water