

# MS SHIRLEY MENU WEEK 3

OCTOBER 26<sup>th</sup> – 30<sup>th</sup> 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cheerios Pineapple  Milk	Biscuits & Gravy Pineapple  Milk	Waffles w/ preserves Banana  Milk	Mini Bagel w/ Peanut Butter  Banana  Milk	Sausage Biscuit Banana  Milk
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Chicken & Egg Noodle Peas Diced Carrots Milk	Hamburger on Bun Green Beans  Baked Apples Milk	Fish Shapes Sliced Tomatoes Mashed Potato Milk	Broccoli & Cheese Quiche Watermelon Carrot Sticks Milk	Baked Ziti w/ Ground Turkey Watermelon Sweet Potatoes Milk
<b>AFT. SNACK</b>	<b>AFT. SNACK</b>	<b>AFT. SNACK</b>	<b>AFT. SNACK</b>	<b>AFT. SNACK</b>
Blueberry Muffin  Milk	Wheat Thins  Carrot Sticks Water	Chex Mix  Banana Water	Triscuits  Applesauce Water	Ritz Crackers  Cheese Slices 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>
Apple Wedge Cheese Cracker Water	½ Peanut Butter and Jelly Sand Water	Yogurt Graham Cracker Water	Cheese and Crackers  Water	Wheat Thins  Mixed Fruit  Water