

MS SHIRLEY MENU WEEK 3

SEPTEMBER 14th-19th 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cheerios cereal Pineapple Milk	Biscuits & Gravy Diced Pears Milk	Mini Bagel w/ Cream Cheese Banana Milk	Waffles w/ preserves Banana Milk	Grits Mixed Fruit Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken & Egg Noodle Peas Diced Carrots Milk	Hamburger on Bun Baked Apples Green Beans Milk	Fish Shapes Mixed Vegetables Mashed Potato Milk	Baked Ziti w/ Ground Turkey Tossed Romaine Sweet Potatoes Milk	Broccoli & Cheese Quiche Watermelon Carrot Sticks Milk
AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK
Blueberry Muffin Banana Water	Chex Mix Banana Water	Wheat Thins Carrot Sticks Water	Triscuits Applesauce Water	Ritz Crackers Cheese Slices Water
5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK
Peanut Butter and Jelly Sand Water	Cookie Banana Water	Cereal Milk	Boiled Egg Saltine Water	Cheese-its Juice