

MS SHIRLEY MENU WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Waffles w/ preserves	Biscuits & Gravy	Mini Bagel w/ Cream Cheese	Cheerios cereal	Grits
Pineapple	Diced Pears	Banana	Banana	Mixed Fruit
Milk	Milk	Milk	Milk	Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken & Egg Noodle	Fish Shapes	Hamburger on Bun	Baked Ziti w/ Ground Turkey	Broccoli & Cheese Quiche
Peas	Mixed Vegetables	Baked Apples	Tossed	Watermelon
Diced Carrots	Mashed	Green Beans	Romaine	Carrot Sticks
Milk	Potato Milk	Milk	Sweet Potatoes	Milk
AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK
Ritz Crackers		Chex Mix	Triscuits	Chips
Cheese Slices	Blueberry Muffin	Banana	Applesauce	Salsa
Water	Milk	Water	Water	Water
5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK
Cheese nips	Wheat Thins	Peanut Butter Crackers	½ Peanut Butter and Jelly Sand	Saltine
Fruit Cocktail	Applesauce	Milk	Water	Cheese
Water	Water			Water

NOVEMBER 18th -22nd 2019