

MS SHIRLEY MENU WEEK 4

NOVEMBER 28th – DECEMBER 2nd 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Pancakes Diced Pears Milk	Oatmeal Peaches Milk	Cheese Toast Mixed Fruit Milk	Cheerios Cantaloupe Milk	Biscuit w/ Jelly Peaches Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Nugget Mashed Potato Peas	Baked Ziti w/ Ground Turkey Green Beans Tossed Romaine Milk	Chicken Quesadilla Mixed Vegetables Cauliflower Milk	Meatloaf w/ Biscuit Scallop potatoes Stewed Tomatoes	Ham Sandwich on W/W Bread Melon Broccoli Milk
AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK
Cheese Crackers Milk	Graham Cracker Peaches Water	Cheese-it Crackers Tomato Slices Water	Chex Mix Cantaloupe Water	Wheat Thins & Yogurt Water
5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK
Graham Cracker Mixed Fruit Water	½ Peanut Butter Sandwich Water	Saltines Cheese Water	Cereal Milk	Animal Crackers Mixed Fruit Water