

SHIRLEY'S MENU WEEK 4

OCTOBER 14th – 18th 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Pancakes w/ Preserves	Cheerios Cereal	English Muffin w/ Cheese	Oatmeal	Sausage Biscuit
Diced Pears	Diced Peaches	Cantaloupe	Mandarin Oranges	Pineapple
Milk	Milk	Milk	Milk	Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken & Dumplings	Turkey & Stuffing	Spaghetti w/ Ground Beef	Cheese Pizza on English Muffin	Beef Tips Yellow Rice
Broccoli	Corn	Tossed Romaine	Carrot Sticks	Diced Carrots
Cauliflower	Green Beans	Mixed Vegetables	Sliced Tomatoes	Peas
Milk	Milk	Milk	Milk	Milk
AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK
Sun Chips	Cheese Stick	Pretzel	Peanut Butter Crackers	Wheat Thins
Tomato Wedges	Goldfish Crackers	Applesauce		Oranges
Water	Water	Water	Milk	Water
5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK
Cheese and Crackers	Granola Bar	Graham Cracker	Triscuit	Turkey Slice
	Juice	Peanut Butter	Oranges	Saltine
Water		Water	Water	Water