

MS SHIRLEY MENU WEEK 5

JULY 6th – 10th 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Oatmeal	Cheerios	English Muffin w/ Peanut Butter	Waffles	Sausage Biscuit
Pineapple chunks	Pineapple chunks	Pineapple chunks	Banana	Banana
Milk	Milk	Milk	Milk	Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Tuna & Egg Noodle	Chicken Quesadilla	Chili w/ Ground Beef	Red Beans & Rice	Turkey & Cheese Sandwich
Peas	Cauliflower	Sliced Peaches	Diced Carrot	Tater tots
Diced Carrots	Green Beans	Corn Bread	Green Beans	Mixed Fruit
Milk	Milk	Milk	Milk	Milk
AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK
Tomato wedges	Pretzel	Wheat Thins	Chex Mix	Ritz Crackers
Cheese Slices	Applesauce	Banana	Banana	Cheese Slices
Water	Water	Water	Water	Water
5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK
Cheese Crackers	Graham Crackers	½ Peanut Butter and Jelly Sandwich	Crackers	Goldfish Crackers
Milk	Orange Wedge	Water	Cheese Slices	Juice
			Water	