

MS SHIRLEY MENU WEEK 5
SEPTEMBER 28th- OCTOBER 2nd 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cheerios Pineapple chunks Milk	Waffles Pineapple chunks Milk	English Muffin w/ Peanut Butter Banana Milk	Oatmeal Cantaloupe Milk	Cheerios Mixed Fruit Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Tuna & Egg Noodle Peas Diced Carrots Milk	Chicken Quesadilla Cauliflower Green Beans Milk	Chili w/ Ground Beef Sliced Peaches Corn Bread Milk	Red Beans & Rice Corn Mixed Fruit Milk	Ham & Cheese Croissant Broccoli Cantaloupe Milk
AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK
Graham Cracker Pineapple Water	Wheat Thins Banana Water	Chex Mix Oranges Water	Pretzel Applesauce Water	Ritz Crackers Peanut Butter Water
5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK
Cereal Milk	Cookie Orange Wedge Water	½ Peanut Butter and Jelly Sandwich Water	Crackers Cheese Slices Water	Graham Cracker Mixed Fruit Water