

MS SHIRLEY MENU WEEK 5

JULY 26th- 30th 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Oatmeal Pineapple Milk	Cheerios Pineapple Milk	English Muffin w/ Peanut Butter Banana Milk	Waffles Melon Milk	Cheese Grits Banana 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	Turkey on W/W Bread Broccoli Watermelon Milk
AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK
Tomato wedges Cheese Slices Water	Pretzels Apple Wedges Water	Wheat Thins Banana Water	Chex Mix Banana Water	Cheese Crackers Milk
5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK
Ritz Crackers Deli Egg Water	Saltine Crackers Cheese Water	Cereal Milk	½ Peanut Butter & Jelly Sandwich Water	Graham Cracker Mixed Fruit Water