

MS SHIRLEY MENU WEEK 3

September 18th- 22nd 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cheerios Peaches Milk	English Muffin Pears Milk	Waffles Banana Milk	Biscuit Banana Milk	Bagel w/ Peanut Butter Banana Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken & Rice Green Beans Diced Pears Milk	Red Beans & Rice Corn Mixed Fruit Milk	Chili w/ Ground Beef Peaches Corn Muffins Milk	Goulash w/ Ground Turkey Broccoli Cauliflower Milk	Turkey on w/w Bread Mixed Fruit Carrot Sticks Milk
AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK
Peanut Butter Crackers Milk	Animal Crackers Banana Water	Graham Crackers Banana Water	Chex Mix Carrot Sticks Water	Pretzels & Cheese Water
5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK
Graham Crackers Mixed Fruit Water	Chex Mix & Cheese Water	½ Peanut Butter Sandwich Water	Cheese Crackers Milk	Cheese-it Crackers Carrot Sticks Water