

MS SHIRLEY MENU WEEK 3

DECEMBER 11th – 15th 2023

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

UNFLAVORED MILK 1–2-year-olds Whole Milk, 2–5-year-olds 1%