

# MS SHIRLEY MENU WEEK 3

SEPTEMBER 17<sup>th</sup> – 21<sup>st</sup> 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cheerios cereal  Pineapple  Milk	Biscuits & Gravy  Diced Pears  Milk	Mini Bagel w/ Cream Cheese  Banana  Milk	Waffles w/ preserves  Banana  Milk	Grits  Mixed Fruit  Milk
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Chicken & Egg Noodle  Peas Diced Carrots Milk	Hamburger on Bun  Baked Apples Green Beans Milk	Fish Shapes  Mixed Vegetables Mashed Potato Milk	Baked Ziti w/ Ground Turkey  Tossed Romaine Sweet Potatoes Milk	Broccoli & Cheese Quiche  Watermelon Carrot Sticks Milk
<b>AFT. SNACK</b>	<b>AFT. SNACK</b>	<b>AFT. SNACK</b>	<b>AFT. SNACK</b>	<b>AFT. SNACK</b>
Blueberry Muffin  Milk	Chex Mix  Banana  Water	Chips  Salsa  Water	Triscuits Applesauce  Water	Ritz Crackers  Cheese Slices  Water
<b>5:15 SNACK</b>	<b>5:15 SNACK</b>	<b>5:15 SNACK</b>	<b>5:15 SNACK</b>	<b>5:15 SNACK</b>
Wheat Thins  Apple Wedge  Water	Saltine  Cheese  Water	Animal Crackers  Milk	½ Ham Sandwich  Water	Yogurt  Carrot Stick  Water