

MS SHIRLEY MENU WEEK 3

AUGUST 19th-23rd 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
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
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
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
AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK
Blueberry Muffin Milk	Chex Mix Banana Water	Chips Salsa Water	Triscuits Applesauce Water	Ritz Crackers Cheese Slices Water
5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK
Wheat Thins Apples Water	Saltine Cheese Water	Peanut Butter Crackers Milk	½ Ham Sandwich Water	Cheese nips Fruit Cup Water