

SHIRLEY'S MENU WEEK 4

JULY 19th – 23rd 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Pancakes Peaches Milk	Oatmeal D. Pears Milk	Sausage Biscuit Pineapple Milk	Cheerios Mixed Fruit Milk	English Muffin Cantaloupe Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken & Dumplings Broccoli Cauliflower Milk	Turkey & Stuffing Corn Green Beans Milk	Spaghetti w/ Ground Beef Tossed Romaine Mixed Vegetable Milk	Cheese Pizza on English Muffin Carrot Stick Sliced Tomatoes Milk	Ham and cheese Sandwich Carrot Sticks Mixed Fruit Milk
AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK
Wheat Thins Cheese Slices Water	Graham Crackers Pineapple Water	Pretzels Applesauce Water	Cheese Crackers Milk	Goldfish Crackers Oranges Water
5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK
Animal Crackers Applesauce Water	Turkey Sandwich Water	Cereal Milk	Pretzels Mixed Fruit Water	Cheese & Crackers Water