

SHIRLEY'S MENU WEEK 4

NOVEMBER 5th – 8th 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Pancakes w/ Preserves	Yogurt	English Muffin w/ Cheese	Cheerios Cereal	Sausage Biscuit
Mixed Fruit	Diced Peaches	Cantaloupe	Mandarin Oranges	Pineapple
Milk	Milk	Milk	Milk	Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken & Dumplings	Turkey & Stuffing	Spaghetti w/ Ground Beef	Cheese Pizza on English Muffin	Beef Tips Yellow Rice
Broccoli	Corn	Tossed Romaine	Carrot Sticks	Diced Carrots
Cauliflower	Green Beans	Mixed Vegetables	Sliced Tomatoes	Peas
Milk	Milk	Milk	Milk	Milk
AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK	AFT. SNACK
Sun Chips	Cheese Stick	Pretzel	Peanut Butter Crackers	Wheat Thins
Tomato Wedges	Pineapple Chunks	Applesauce		Oranges
Water	Water	Water	Milk	Water
5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK	5:15 SNACK
Cheese And Crackers	Peanut Butter & Jelly Sandwich	Graham Cracker	Yogurt	Boiled Egg Saltine
		Oranges	Animal Cracker	
Water	Water	Water	Water	Water