

Emergency Shelter Menu
With Friends, Inc.

	BREAKFAST	LUNCH	3PM SNACK	DINNER	8PM SNACK
MONDAY	Cheerios Toast Apple Milk	Hot Dog Sweet Potato Fries Cole Slaw Banana Milk	Apple Juice Muffin	Taco Salad Choice of Fruit Brown Rice Milk	Choice of Fruit Milk
TUESDAY	Applesauce Muffin Fruit Cocktail Milk	Chicken Stir Fry Rice Broccoli Apple Dinner Roll Milk	Orange Juice Yogurt	Mac-N-Cheese Hamburger Helper Side Salad Choice of Fruit Garlic Bread Milk	Animal/Graham Cracker Choice of Juice
WEDNESDAY	French Toast Sticks Banana Milk	Hamburger Side Salad Tater Tot Orange Milk	Milk Banana	Bbq Chicken Breast Mashed Potatoes Choice of Fruit Dinner Roll Milk	Choice of Juice Yogurt
THURSDAY	Oatmeal Fruit Cocktail Milk	Chicken Tenders Rice Dinner Roll Green Beans Banana Milk	Orange Juice Yogurt	Tuna Salad Sandwich Veggie Salad Choice of Fruit Milk	Choice of Fruit Milk
FRIDAY	Honey Nut Cheerios Toast Orange Milk	Turkey/Ham Sandwich Baked Beans Carrot & Celery Sticks Apple Milk	Milk Apple	Spaghetti Side Salad Choice of Fruit Garlic Bread Milk	Choice of Juice Yogurt
SATURDAY	Pancakes Scrambled Eggs Fruit Cocktail Milk	Chef Salad W/ Turkey Dinner Roll Orange Milk	Choice of Juice Muffin	Chicken Alfredo Choice of Fruit Garlic Bread Milk	Animal/Graham Cracker Choice of Juice
SUNDAY	Blueberry Muffin Yogurt Banana Milk	Grilled Chicken Sandwich Rice Tomato & Cucumber Salad Apple Milk	Choice of Juice Animal/Graham Cracker	Baked Pork Chops Green Beans Choice of Fruit Dinner Roll Milk	Choice of Fruit Milk