

Emergency Shelter Menu
With Friends, Inc.

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