

Shepherd's Flock Child Care Center
Menu Week Three
April 21 to April 25

AM Snack	Breakfast	Lunch		PM Snack
MONDAY				
Whole Grain Cereal & Milk	Raisin Toast & Fresh Grapes (Applesauce under 2) Milk	Swedish Meatballs Noodles Steamed Green Beans Fruit Cocktail Whole (under 2) & FF Milk	4 each 4z spoodle 4z spoodle 4z spoodle 1 each/1 pat 6 Oz.	No Sugar Added Gogurt & Graham Crackers
TUESDAY				
Whole Grain Cereal Bar & Milk	Whole Grain Pancakes & Diced Mango Milk	Corn Dog Nuggets (Cheeseburger under 2) Sweet Potato Fries Steamed Zucchini & Squash Mandarin Oranges Whole (under 2) & FF Milk	5 each (spoodle) 1 each 8 each (tongs) 4z spoodle 4z spoodle 6 Oz.	Roasted Red Pepper Hummus & Baby Carrots and Pita Bread
WEDNESDAY				
Whole Grain Cereal & Milk	All Natural Vanilla Yogurt & Diced Peaches & Milk	Cheese Quesadilla Sour Cream and Salsa Spanish Rice Carrots Diced Pears Whole (under 2) & FF Milk	1/2 each 1/4 cup 1/4 cup 4z spoodle 6 Oz.	Whole Grain Soybutter & Grape Fruit Spread Sandwich & Milk
THURSDAY				
Whole Grain Cereal Bar & Milk	Cheesy Scrambled Eggs & Turkey Sausage Patty & Fresh Banana	BBQ Chicken Sliders Potato Fries Steamed Peas Unsweetened Applesauce Whole (under 2) & FF Milk	2 each 5 Each 4z spoodle #8 scoop 6 Oz.	Frozen Fruit Sorbet & Graham Crackers
FRIDAY				
Whole Grain Cereal & Milk	Blueberry Muffin & Diced Pears & Milk	Pancakes Bacon (Under 2 Turkey Sausage) Dice Carrots Diced Peaches/Diced Potatoes Whole (under 2) & FF Milk	1 each 1 slice/1 each 1/4 cup 1/4 cup/# 8 scoop 6 Oz.	Chex Mix (Goldfish Crackers under 2) Banana & Milk

Amy Daman RDN 1/10/25

Note: All canned fruit is packed in water or fruit juice