

Shepherd's Flock Child Care Center
Week Four Menu Spring/Summer
August 18 to August 22

AM Snack	Breakfast	Lunch		PM Snack
MONDAY				
Whole Grain Cereal & Milk	English Muffin Cream Cheese & Diced Peaches & Milk	Chicken Marsala Couscous Steamed Green Beans Unsweetened Applesauce Whole (under 2) & FF Milk	1 each 1/4 cup 1/4 cup 1/4 cup 1 each	Raspberry Nutri grain Bars & Orange Qtrs. (Mandarin Oranges under 2) & Milk
TUESDAY				
Whole Grain Cereal Bar & Milk	Apple Cinnamon Muffin & Fresh Banana & Milk	Beef Taco Bowl White Rice Sour Cream & Salsa Shredded Lettuce, Cheese Diced Carrots Cantaloupe Whole(under 2) & FF Milk	1/2 cup 1/4 cup 1/4 cup 4 oz spoodle 6 oz	No Added Sugar Applesauce & Muenster Cheese Cubes
WEDNESDAY				
Whole Grain Cereal & Milk	Hot Waffle & Diced Peaches	Chicken Parmesan Rotini Pasta Broccoli Diced Pears Whole(under 2) & FF Milk	1 each 1/4 cup 1/4 cup 4 oz spoodle 6oz	No Sugar Added Gogurt & Whole Grain Pretzel Bites
THURSDAY				
Whole Grain Cereal Bar & Milk	Cheerios & Fresh Grapes (Applesauce under 2) & Milk	Cheeseburger Oven Baked Sweet Potato Fries California Blend Vegetables Mandarin Oranges Whole(under 2) & FF Milk	1 each 8 each 1/4 cup 1/4 cup 6 oz	Cinnamon Teddy Grahams & Ice Cream (All Natural Vanilla Yogurt Under 1)
FRIDAY				
Whole Grain Cereal & Milk	Mini Whole Wheat Bagels All Natural Fruit Spread & Fresh Banana & Milk	Chicken Strips French Fries Peas & Carrots Fresh Watermelon Whole(under 2) & FF Milk	2 each 5 each 1/4 cup 1/2 cup 6 oz.	Strawberries (diced pears under 2) & White Cheddar Popcorn (Crackers under 2)

Amy Daman 7/28/25

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