

Shepherd's Flock Child Care Center
Menu Week One Spring/Summer
10/20 to 10/24

AM Snack	Breakfast	Lunch		PM Snack
MONDAY				
Whole Grain Cereal & Milk	Raisin Cinnamon Toast & Unsweetened Applesauce & Milk	Turkey and Cheese on Wheat Bread Diced Carrots Diced Peaches Sweet Potato Fries Whole(under 2) & FF Milk	1/2 each 1/4 cup 1/4 cup 8 each 6oz	Bananas & White Cheddar Popcorn (Oyster Crackers under 2)
TUESDAY				
Whole Grain Cereal Bar & Milk	Half Cheese Omelet Turkey Sausage Patty & Diced Pears & Milk	Rotini and Meat sauce Italian Blend Vegetable Mandarin Oranges Garlic Bread Whole(under 2) & FF Milk	4oz 1/4 cup 1/4 cup 1 each 6oz	Whole Grain Soy Butter & Fruit Spread Sandwiches & Milk
WEDNESDAY				
Whole Grain Cereal & Milk	Whole Grain French Toast All Natural Fruit Spread Mandarin Oranges & Milk	BBQ Pork Sliders Macaroni and Cheese Green Beans Watermelon Whole(under 2) & FF Milk	2 each 1/4 cup/1 oz 1/4 cup 1/2 cup 6 oz	Goldfish & No Sugar Added Gogurt
THURSDAY				
Whole Grain Cereal Bar & Milk	Whole Grain Cold Cereal & Fresh Grapes (Applesauce under 2) & Milk	Meatloaf Mashed Potatoes Broccoli Fruit Cocktail Whole Grain Bread/Butter Whole(under 2) & FF Milk	1 each 1/4 cup 1/4 cup 1/4 cup 1 slice/1 pat 6oz	Milk & Diced Peaches & Trail mix
FRIDAY				
Whole Grain Cereal & Milk	Blueberry Muffin & Fresh Banana & Milk	Cod Nuggets Quinoa Peas and Carrots Honey Dew Melon (Applesauce under 2) Whole(under 2) & FF Milk	4 each/1/4 cup 1/4 cup 1/4 cup 1/2 cup 6 oz	Cheese Stick & Wholegrain Crackers

Amy Daman RDN 4/3/25

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