

Shepherd's Flock Child Care Center
Menu Week Three Spring/Summer
October 6 to October 10

AM Snack	Breakfast	Lunch		PM Snack
MONDAY				
Whole Grain Cereal & Milk	Raisin Toast & Fresh Grapes (Banana under 2) Milk	Whole Grain Cheese Pizza Tossed Salad w/Dressing (2&over) Steamed Green Beans Unsweetened Applesauce Whole (under 2) & FF Milk	1 each 1/2 cup 1/4 cup 1/4 cup 6 Oz.	No Sugar Added Gogurt & Graham Crackers
TUESDAY				
Whole Grain Cereal Bar & Milk	Whole Grain Pancakes & Diced Mango Milk	Meatballs with Marinara Pasta California Blend Cut Strawberries (Applesauce Under 2) Whole (under 2) & FF Milk	6 ea./ 1/4 cup 1/4 cup 1/4 cup 1/2 cup 6 Oz.	Whole Grain Soy butter & Grape Fruit Spread Sandwich & Milk
WEDNESDAY				
Whole Grain Cereal & Milk	All Natural Vanilla Yogurt & Diced Peaches & Milk	Ham and Cheese on wheat bread Tater Tots Diced Pears Diced Carrots Whole (under 2) & FF Milk	1/2 each 1/4 cup 4z spoodle 8 each 6 Oz.	Roasted Red Pepper Hummus & Baby Carrots and Pita Bread
THURSDAY				
Whole Grain Cereal Bar & Milk	English Muffin with Cream Cheese & Turkey Sausage Patty & Fresh Banana	BBQ Pork Sliders Potato Fries Steamed Peas Watermelon Whole (under 2) & FF Milk	2 each 5 Each 4z spoodle 4 spoodle 6 Oz.	Frozen Fruit Sorbet & Graham Crackers
FRIDAY				
Whole Grain Cereal & Milk	Blueberry Muffin & Diced Pears & Milk	Cod Nuggets Couscous Diced Asparagus Fruit Cocktail Whole (under 2) & FF Milk	1 each/3 oz 1/4 cup 1/4 cup 4z spoodle 6 Oz.	Chex Mix (Goldfish Crackers under 2) Banana & Milk

Amy Daman RDN 4/3/2025

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