

Shepherd's Flock Child Care Center
Week Four Menu
July 22 to July 26

| AM Snack | Breakfast | Lunch | | PM Snack |
|-------------------------------|---|--|--|---|
| MONDAY | | | | |
| Whole Grain Cereal & Milk | English Muffin Cream Cheese & Diced Peaches & 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 1 each | Raspberry Nutrigrain Bars & Orange Qtrs (Mandarin Oranges under 2) & Milk |
| TUESDAY | | | | |
| Whole Grain Cereal Bar & Milk | Apple Cinnamon Muffin & Fresh Banana & Milk | Meatballs/Marinara Pasta Steamed Broccoli Fruit Cocktail Garlic Bread Whole(under 2) & FF Milk | 6 ea/1/4 cup 1/4 cup 1/4 cup 4z spoodle 2 Slices 6 oz | No Added Sugar Applesauce & Muenster Cheese Cubes |
| WEDNESDAY | | | | |
| Whole Grain Cereal & Milk | Hot Waffle & Diced Peaches | Turkey & Cheese Sandwich Baby Carrots(Under 2 Cooked) Diced Pears Whole(under 2) & FF Milk | 1 ea. 1/4 cup 1/4 cup 6oz | No Sugar Added Gogurt & Whole Grain Pretzel Bites |
| THURSDAY | | | | |
| Whole Grain Cereal Bar & Milk | Cheerios & Fresh Grapes (Applesauce under 2) & Milk | Mini Cheese Burgers Oven Baked Sweet Potato Fries California Blend Vegetables Mandarin Oranges Whole(under 2) & FF Milk | 2 each/1slice 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 | Cheese Quesadilla Sour Cream/Salsa Spanish Rice Peas & Carrots Fresh Watermelon Whole(under 2) & FF Milk | 1/2 each 1/4 cup 1/4 cup 1/2 cup 6 oz. | Strawberries (diced pears under 2) & White Cheddar Popcorn (Crackers under 2) |

Kimberly Mahony RDN

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