

Shepherd's Flock Child Care Center
Week Four Menu
January 06-10, 2025

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	Chicken Kiev Mashed Potatoes Diced (Carrots) 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	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	Cod Nuggets Rice Pilaf Peas & Carrots Fresh Watermelon Whole(under 2) & FF Milk	4 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