

Shepherd's Flock Child Care Center
Menu Week One
11/18 to 11/22

AM Snack	Breakfast	Lunch	PM Snack
MONDAY			
Whole Grain Cereal & Milk	Raisin Cinnamon Toast & Unsweetened Applesauce & Milk	Mini Pretzel Dogs Sweet Potato French Fries Diced Carrots Diced Peaches Mini Hamburgers (under 2) Whole(under 2) & FF Milk	5 each 8 each(tongs) 1/4 cup 1/4 cup 2 each 6oz
			Whole Grain Soy Butter & Fruit Spread Sandwiches & Milk
TUESDAY			
Whole Grain Cereal Bar & Milk	Scrambled Eggs w/Cheese Turkey Sausage Patty & Diced Pears & Milk	Rotini and Meatsauce Broccoli Florets Mandarin Oranges Garlic Bread Whole(under 2) & FF Milk	4oz 1/4 cup 1/4 cup 1 each 6oz
			Bananas & White Cheddar Popcorn (Oyster Crackers under 2)
WEDNESDAY			
Whole Grain Cereal & Milk	Whole Grain French Toast All Natural Fruit Spread Mandarin Oranges & Milk	Meatloaf Mashed Potatoes w/ Gravy Green Beans Pineapple Tidbits Whole(under 2) & FF Milk	1 each 1/4 cup/1 oz 1/4 cup 1/4 cup 6 oz
			Goldfish & No Sugar Added Gogurt
THURSDAY			
Whole Grain Cereal Bar & Milk	Whole Grain Cold Cereal & Fresh Grapes (Applesauce under 2) & Milk	Chicken Chardonnay Couscous Roasted Zucchini 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 & Trailmix
FRIDAY			
Whole Grain Cereal & Milk	Blueberry Muffin & Fresh Banana & Milk	Roast Turkey Mashed Potatoes Green Beans Applesauce Whole(under 2) & FF Milk	3 oz 1/4 cup 1/4 cup 1/4 cup 6 oz
			Cheese Stick & Wholegrain Crackers

Amy Dams

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