

Shepherd's Flock Child Care Center
Menu Week Three
September 12 - 16, 2022

AM Snack	Breakfast	Lunch		PM Snack
MONDAY				
Whole Grain Cereal & Milk	Whole Grain Pancakes & Squeezable Applesauce & Milk	Swedish Meatballs Noodles Steamed Green Beans Fruit Cocktail Whole Wheat Bread/Margarine Whole (under 2) & FF Milk	4 each 4z spoodle 4z spoodle 4z spoodle 1 each/1 pat 6 Oz.	No Sugar Added Gogurt & Annie's Organic Cheddar Bunnies
TUESDAY				
Whole Grain Cereal Bar & Milk	Whole Wheat English Muffin & Fresh Grapes (Applesauce Pouch under 2) Milk	Pretzel Dogs (Hamburger under 2) Sweet Potato Fries Steamed Zucchini & Squash Mandarin Oranges Whole (under 2) & FF Milk	5 each (spoodle) 1 each 8 each (tongs) 4z spoodle 4z spoodle 6 Oz.	Roasted Red Pepper Hummus & Baby Carrots and Pita Bread
WEDNESDAY				
Whole Grain Cereal & Milk	All Natural Vanilla Yogurt & Diced Peaches & Milk	Sweet & Sour Pork Steamed White Rice Sugar Snap Peas Diced Pears Whole (under 2) & FF Milk	4z spoodle #8 scoop 4z spoodle 4z spoodle 6 Oz.	Frozen Fruit Sorbet & Graham Crackers
THURSDAY				
Whole Grain Cereal Bar & Milk	Cheesy Scrambled Eggs & Turkey Sausage Patty & Fresh Banana	Chicken Tender Parmesan Bowtie Pasta Peas & Diced Carrots Unsweetened Applesauce Garlic Bread Whole (under 2) & FF Milk	2 each #8 scoop 4z spoodle #8 scoop 2 each 6 Oz.	Whole Grain Soybutter & Grape Fruit Spread Sandwich & Milk
FRIDAY				
Whole Grain Cereal & Milk	Blueberry Muffin & Diced Pears & Milk	Oven Baked Cod Nuggets Couscous Steamed Broccoli Florets Diced Peaches Whole (under 2) & FF Milk	4 each (tongs) 1/4 cup 1/4 cup 1/4 cup 6 Oz.	Munchies Snack Mix (Cheddar Chex under 2) & Milk

Kimberly Mahony RDN

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