

Shepherd's Flock Child Care Center
Menu Week Four
July 25 - 29, 2022

AM Snack	Breakfast	Lunch		PM Snack
MONDAY				
Whole Grain Cereal & Milk	Whole Grain French Toast All Natural Fruit Spread & 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 Squeezable Applesauce & Muenster Cheese Cubes
WEDNESDAY				
Whole Grain Cereal & Milk	Hot Waffle & Diced Peaches	Oven Baked Chicken Kiev Mashed Potatoes Steamed Peas Diced Pears Whole(under 2) & FF Milk	1 ea. 1/4 cup 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 pouch under 2) & Milk	Mini Burgers Oven Baked Sweet Potato Fries California Blend Vegetables Mandarin Oranges Whole(under 2) & FF Milk	2 each 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 filled w/Cream Cheese & 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