

Shepherd's Flock Child Care Center
Menu Week One
May 6 to May 10

| AM Snack | Breakfast | Lunch | | PM Snack |
|-------------------------------|---|---|---|---|
| MONDAY | | | | |
| Whole Grain Cereal & Milk | Raisin Cinnamon Toast & Unsweetened Applesauce & Milk | Roast Turkey Mashed Potatoes Diced Carrots Diced Peaches Whole(under 2) & FF Milk | 3 oz 1/4 cup 1/4 cup 1/4 cup 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 | Pork Paprika Rice Broccoli Florets Mandarin Oranges Whole Grain Bread/Butter Whole(under 2) & FF Milk | 3 oz 1/4 cup 1/4 cup 1/4 cup 1 slice/1 pat 6oz | Cheese Stick & Whole Grain Crackers |
| WEDNESDAY | | | | |
| Whole Grain Cereal & Milk | Whole Grain French Toast All Natural Fruit Spread Fresh Banana & Milk | Rotini w/Meat Sauce Green Beans Pineapple Tidbits Garlic Bread Whole(under 2) & FF Milk | 4z spoodle 1/4 cup 1/4 cup 2 each 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 Mashed Potatoes 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 & Graham Crackers |
| FRIDAY | | | | |
| Whole Grain Cereal & Milk | Blueberry Muffin & Fresh Banana & Milk | Breaded Ravioli w/Marinara Sauce Winter Blend Vegetable Fresh Watermelon Garlic Bread Whole(under 2) & FF Milk | 4 each/ 1/4 cup 1/4 cup 1/2 cup 1 each 6 oz | Mandarin Oranges & White Cheddar Popcorn (Oyster Crackers under 2) |

Kimberly Mahony RDN

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