

Shepherd's Flock Child Care Center
Menu Week One
February 12 to February 16

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	Chicken Jambalaya 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	Cod Nuggets Couscous Asparagus Pieces Pineapple Tidbits Whole(under 2) & FF Milk	4 each 1/4 cup 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 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 & Cheddar Chex
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