

Shepherd's Flock Child Care Center
Menu Week One
June 6 - 10, 2022

AM Snack	Breakfast	Lunch	PM Snack
MONDAY			
Whole Grain Cereal & Milk	Whole Grain French Toast All Natural Fruit Spread & Unsweetened Applesauce & Milk	BBQ Pork Pulled Sliders Sweet Potato Fries Broccoli Florets Diced Peaches Whole (under 2)and FF Milk	2 each 8 each 1/4 cup 1/4 cup 6 oz Whole Grain Soy Butter & Fruit Spread Sandwiches & Milk
TUESDAY			
Whole Grain Cereal Bar & Milk	Cheese Omelet Turkey Sausage Patty & Diced Pears & Milk	Meatloaf Mashed Potatoes Steamed Diced Carrots 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 English Muffin & Fresh Banana & Milk	Turkey Chili Mac Steamed Peas Pineapple Tidbits Cornbread Muffin/Butter Whole(under 2) & FF Milk	#8 scoop 1/4 cup 1/4 cup 1 each/1 pat 6 oz Goldfish & No Sugar Added Gogurt
THURSDAY			
Whole Grain Cereal Bar & Milk	Whole Grain Cold Cereal & Fresh Grapes (Applesauce Pouch under 2) & Milk	Roast Turkey Mashed Potatoes Steamed Green Beans Fruit Cocktail 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 Cottage Cheese & Diced Peaches & Cheddar Chex
FRIDAY			
Whole Grain Cereal & Milk	Blueberry Muffin & Fresh Banana & Milk	Cheese Stuffed Shells Winter Blend Vegetable Fresh Watermelon Garlic Bread Whole(under 2) & FF Milk	2 each 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