

**Shepherd's Flock Child Care Center**  
**Fall/Winter Menu Week Three**  
**January 31 - February 4, 2022**

<b>AM Snack</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>PM Snack</b>
<b>MONDAY</b>			
Whole Grain Cereal & Milk	Whole Grain Pancakes & Squeezable Applesauce & Milk	Pretzel Dogs (Hamburger under 2) Sweet Potato Fries Steamed Broccoli Fruit Cocktail Whole (under 2) & FF Milk	5 each (spoodle) 1 each 8 each (tongs) 4z spoodle 4z spoodle 6 Oz.
			No Sugar Added Gogurt & Annie's Organic Cheddar Bunnies
<b>TUESDAY</b>			
Whole Grain Cereal Bar & Milk	Whole Wheat English Muffin & Fresh Grapes (Applesauce Pouch under 2) Milk	Chicken Parmesan Meatballs Penne Pasta Italian Green Beans Mandarin Oranges Garlic Bread Whole (under 2) & FF Milk	3 each (spoodle) 4z spoodle 4z spoodle 4z spoodle 2 each 6 Oz.
			Roasted Red Pepper Hummus & Baby Carrots and Pita Bread
<b>WEDNESDAY</b>			
Whole Grain Cereal & Milk	All Natural Vanilla Yogurt & Diced Peaches & Milk	Turkey & Cheddar Cheese on Whole Grain Wrap Veggie Chips (over 2 only) Steamed Diced Carrots Diced Pears Whole (under 2) & FF Milk	2 sl mt/1 sl chz 1 each 1 each 4z spoodle 4z spoodle 6 Oz.
			Frozen Fruit Sorbet & Graham Crackers
<b>THURSDAY</b>			
Whole Grain Cereal Bar & Milk	Cheesy Scrambled Eggs & Turkey Sausage Patty & Fresh Banana	Sweet & Sour Chicken Steamed White Rice Sugar Snap Peas Unsweetened Applesauce Whole (under 2) & FF Milk	4 each (spoodle) #8 scoop 4z spoodle #8 scoop 6 Oz.
			Whole Grain Soybutter & Grape Fruit Spread Sandwich & Milk
<b>FRIDAY</b>			
Whole Grain Cereal & Milk	Blueberry Muffin & Diced Pears & Milk	Oven Baked Cod Nuggets Couscous Peas & Diced Carrots 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