

**Shepherd's Flock Child Care Center**  
**Menu Week Two**  
**September 30 to October 4**

<b>AM Snack</b>	<b>Breakfast</b>	<b>Lunch</b>		<b>PM Snack</b>
<b>MONDAY</b>				
Whole Grain Cereal & Milk	Mini Whole Wheat Bagels filled with Cream Cheese & Banana & Milk	Turkey Taco Shredded Lettuce, Cheese, Sour Cream & Salsa White Rice Unsweetened Applesauce Diced Carrots Whole (under 2) & FF Milk	1 Each  1/4 Cup 1/4 Cup 1/4 Cup 6 oz.	Graham Crackers & 4 oz Pudding
<b>TUESDAY</b>				
Whole Grain Cereal Bar & Milk	Biscuit with All Natural Fruit Spread & Hard Boiled Egg & Diced Peaches	Oven Baked Chicken Tenders Sweet Potato Fries Zucchini Mandarin Oranges Whole (under 2) & FF Milk	2 each 8 each 1/4 cup 1/4 cup 6oz	Fruit Snacks (Oyster Crackers under 2) & Gogurt
<b>WEDNESDAY</b>				
Whole Grain Cereal & Milk	Waffle All Natural Fruit Spread & Diced Pears	Alfredo with Chicken Broccoli Diced Mango Whole (under 2) & FF Milk	1/2 cup 1/4 cup 1/4 cup 1/4 cup 6oz	Colby Jack Cheese Cubes & Apple Slices (Diced Peaches under 2)
<b>THURSDAY</b>				
Whole Grain Cereal Bar & Milk	All Natural Vanilla Yogurt & Fresh Banana & Milk	BBQ Pork Sliders Macaroni and Cheese Steamed Green Beans Watermelon Whole (under 2) & FF Milk	2 each 1/4 cup 1/4 cup 1/2 cup 6 oz.	Cheese Filled Pretzels & Fruit Cocktail & Milk
<b>FRIDAY</b>				
Whole Grain Cereal & Milk	Cinnamon Apple Bread & Fresh Cantaloupe (Applesauce under 2) & Milk	Tomato Orzo Soup Grilled Cheese Sandwich on Whole Wheat Bread Steamed Peas Diced Peaches Whole (under 2) & FF Milk	4z ladle 4 slices 2 each 1/4 cup 1/4 cup 6 oz	Nutrigran Bar & Mandarin Oranges & Milk

*Kimberly Mahony RDN*

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