

Shepherd's Flock Child Care Center
Menu Week Two
November 28-December 3, 2022

AM Snack	Breakfast	Lunch		PM Snack
MONDAY				
Whole Grain Cereal & Milk	Biscuit with All Natural Fruit Spread & Hard Boiled Egg & Diced Pears	Chicken 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.	100% Fruit Snacks (Oyster Crackers under 2) & No Sugar Added Gogurt
TUESDAY				
Whole Grain Cereal Bar & Milk	Mini Whole Wheat Bagels filled w/Cream Cheese & Banana & Milk	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	Annie's Organic Bunny Grahams & Unsweetened Squeezable Applesauce & Milk
WEDNESDAY				
Whole Grain Cereal & Milk	Waffle All Natural Fruit Spread & Diced Pears	Alfredo with Ham Steamed Peas Unsweetened Applesauce 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)
THURSDAY				
Whole Grain Cereal Bar & Milk	All Natural Vanilla Yogurt & Fresh Banana & Milk	BBQ Pork Shoulder Mac & Cheese Steamed Green Beans Watermelon Whole(under 2) & FF Milk	2 ounces 1/2 cup 1/4 cup 1/2 cup 6 oz.	Cheese Filled Pretzels & Fruit Cocktail & Milk
FRIDAY				
Whole Grain Cereal & Milk	Cinnamon Apple Bread & Fresh Cantaloupe (Squeezeable Applesauce under 2) & Milk	Tomato & Noodle Soup Grilled Cheese Sandwich on Whole Wheat Bread Steamed Broccoli Diced Peaches Whole(under 2) & FF Milk	4z ladle 4 slices 2 each 1/4 cup 1/4 cup 6 oz	Smores Bar & Fresh Green Grapes (Mandarin Oranges under 2) & Milk

Kimberly Mahony RDN

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