

Shepherd's Flock Child Care Center
Menu Week Two
July 8 to July 12

AM Snack	Breakfast	Lunch		PM Snack
MONDAY				
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
TUESDAY				
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
WEDNESDAY				
Whole Grain Cereal & Milk	Waffle All Natural Fruit Spread & Diced Pears	Alfredo with Ham Steamed Peas 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)
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 (Applesauce under 2) & Milk	Tomato Orzo 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	Nutrigran Bar & Mandarin Oranges & Milk

Kimberly Mahony RDN

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