

Shepherd's Flock Child Care Center
Spring/Summer Menu Week One
June 7 - 11, 2021

AM Snack	Breakfast	Lunch		PM Snack
MONDAY				
Whole Grain Cereal & Milk	Whole Grain French Toast All Natural Fruit Spread & Unsweetened Applesauce Pouch & Milk	Chicken Parmesan Cavatappi Pasta Steamed Broccoli Florets Diced Peaches Garlic Bread Whole (under 2)and FF Milk	2 each 1/4 cup 1/4 cup 1/4 cup 2 each 6 oz	Whole Grain Soy Butter & Fruit Spread Sandwiches & Milk
TUESDAY				
Whole Grain Cereal Bar & Milk	Scrambled Eggs Turkey Sausage Patty & Diced Pears & Milk	Meatloaf Mashed Potatoes Steamed Diced Carrots Mandarin Oranges Whole Grain Bread/Butter Whole(under 2) & FF Milk	1 slice 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 & Banana & Milk	Turkey & Cheddar Cheese on Whole Grain Wrap Steamed Cauliflower Unsweetened Applesauce Whole(under 2) & FF Milk	2 sl mt/1 sl chz 1 wrap 1/4 cup 1/4 cup 6oz	Wheat Thins & No Sugar Added Gogurt
THURSDAY				
Whole Grain Cereal Bar & Milk	Whole Grain Cold Cereal & Fresh Mango & Milk	Black Bean Veggie Burger Oven Baked Sweet Potato Fries Steamed Green Beans Fruit Cocktail Whole(under 2) & FF Milk	1 each on bun 8 each 1/4 cup 1/4 cup 6 oz	Cottage Cheese & Diced Peaches & Whole Grain Strawberry Yogurt Chex
FRIDAY				
Whole Grain Cereal & Milk	Blueberry Muffin & Fresh Grapes (Applesauce Pouch under 2) & Milk	Cheese Quesadilla Sour Cream/Salsa Spanish Rice Steamed Peas Fresh Watermelon Whole(under 2) & FF Milk	1/2 each 1/4 cup 1/4 cup 1/2 cup 6 oz	Orange Quarters (Mandarin oranges under 2) & White Cheddar Popcorn (Oyster Crackers under 2) & Milk

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

Kimberly Mahony, RDN