

**Shepherd's Flock Child Care Center
Spring/Summer Menu Week 2**

May 17 - 21, 2021

AM Snack	Breakfast	Lunch		PM Snack
MONDAY				
Whole Grain Cereal & Milk	Toast & Hard Boiled Egg & Diced Peaches	Baked Ham Slice Macaroni & Cheese Steamed Peas Pineapple Tidbits (squeezeable applesauce under 2) Cornbread Muffin Whole(under 2) & FF Milk	1 2oz slice (tongs) 1/2 cup 1/4 cup 1/4 cup 1 each 1 each 6oz	Muenster Cheese Cubes & Whole Grain Crackers & Milk
TUESDAY				
Whole Grain Cereal Bar & Milk	No Sugar Added Gogurt & Banana & Milk	Rotini w/Meat Sauce Steamed Green Beans Mandarin Oranges Garlic Bread Whole(under 2) & FF Milk	1/2 cup 1/4 cup 1/4 cup 2 each 6oz	Apple Slices (squeezeable applesauce under 2) & Smart Food Popcorn (Oyster Crackers under 2) & Milk
WEDNESDAY				
Whole Grain Cereal & Milk	Waffle All Natural Fruit Spread & Diced Pears	Turkey & Provolone on Whole Grain Bread Steamed Diced Carrots Fresh Watermelon Whole(under 2) & FF Milk	2 sl mt/1 chz 2 slices 1/4 cup 1/2 cup 6oz	Roasted Red Pepper Hummus & Fresh Veggies w/Pita Bread & Milk
THURSDAY				
Whole Grain Cereal Bar & Milk	Mini Whole Wheat Bagels filled w/Cream Cheese & Fresh Banana & Milk	Oven Baked Chicken Tenders Baked Sweet Potato Fries Steamed Broccoli Applesauce Whole (under 2) & FF Milk	2 each 8 each 1/4 cup 1/4 cup 6 oz	Annie's Organic Bunny Grahams & Fruit & Veggie Sorbet & Milk
FRIDAY				
Whole Grain Cereal & Milk	Cinnamon Apple Bread & Fresh Green Grapes (Squeezeable Applesauce under 2) & Milk	Tomato & Noodle Soup Grilled Cheese Sandwich on Whole Wheat Bread Steamed Green Beans Diced Pears Whole(under 2) & 2% Milk	4z ladle 4 slices 2 each 1/4 cup 1/4 cup 6 oz	Diced Peaches & Cheddar Chex & Milk

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

Kimberly Mahony RDN