

**Shepherd's Flock Child Care Center**  
**Fall/Winter Menu Week One**  
**November 23 - 27, 2020**

AM Snack	Breakfast	Lunch		PM Snack
MONDAY				
Whole Grain Cereal & Milk	Whole Grain French Toast All Natural Fruit Spread & Unsweetened Applesauce & Milk	Stir-Fry Chicken & Broccoli Steamed Brown Rice Mandarin Oranges Whole (under 2)and FF Milk	6 oz Spoodle 1/4 cup 1/4 cup 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 Diced Peaches Whole Grain Bread/Butter Whole(under 2) & FF Milk	3 oz 1/4 cup 1/4 cup 1/4 cup 1 slice/1 pat 6oz	Annie's Organic Cheddar Bunnies & No Sugar Added Gogurt
WEDNESDAY				
Whole Grain Cereal & Milk	Whole Grain English Muffin & Fresh Banana & Milk	Turkey Chili Mac Steamed Peas Pineapple Tidbits (Applesauce under 2) Cornbread Muffin/Butter Whole(under 2) & FF Milk	#8 scoop 1/4 cup 1/4 cup 1/4 cup 1 each/1 pat 6 oz	Cheese Stick & Whole Grain Crackers
THURSDAY				
		CLOSED FOR THANKSGIVING!		
FRIDAY				
		CLOSED FOR THANKSGIVING!		

*Kimberly Mahony RDN*

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