

**Shepherd's Flock Child Care Center**  
**Menu Week Three**  
**November 4 to November 8**

<b>AM Snack</b>	<b>Breakfast</b>	<b>Lunch</b>		<b>PM Snack</b>
<b>MONDAY</b>				
Whole Grain Cereal & Milk	Raisin Toast & Fresh Grapes (Applesauce under 2) Milk	Swedish Meatballs Noodles Steamed Green Beans Fruit Cocktail Whole (under 2) & FF Milk	4 each 4z spoodle 4z spoodle 4z spoodle 1 each/1 pat 6 Oz.	No Sugar Added Gogurt & Graham Crackers
<b>TUESDAY</b>				
Whole Grain Cereal Bar & Milk	Whole Grain Pancakes & Diced Mango Milk	Corn Dog Nuggets (Cheeseburger under 2) Sweet Potato Fries Steamed Zucchini & Squash Mandarin Oranges Whole (under 2) & FF Milk	5 each (spoodle) 1 each 8 each (tongs) 4z spoodle 4z spoodle 6 Oz.	Roasted Red Pepper Hummus & Baby Carrots and Pita Bread
<b>WEDNESDAY</b>				
Whole Grain Cereal & Milk	All Natural Vanilla Yogurt & Diced Peaches & Milk	Cheese Quesadilla Sour Cream and Salsa Spanish Rice Carrots Diced Pears Whole (under 2) & FF Milk	1/2 each  1/4 cup 1/4 cup 4z spoodle 6 Oz.	Whole Grain Soybutter & Grape Fruit Spread Sandwich & Milk
<b>THURSDAY</b>				
Whole Grain Cereal Bar & Milk	Cheesy Scrambled Eggs & Turkey Sausage Patty & Fresh Banana	BBQ Chicken Sliders Potato Fries Steamed Peas Unsweetened Applesauce Whole (under 2) & FF Milk	2 each 5 Each 4z spoodle #8 scoop 6 Oz.	Frozen Fruit Sorbet & Graham Crackers
<b>FRIDAY</b>				
Whole Grain Cereal & Milk	Blueberry Muffin & Diced Pears & Milk	Scrambled Eggs Bacon (Under 2 Turkey Sausage) Steamed Broccoli Florets Diced Peaches/Diced Potatoes Whole (under 2) & FF Milk	#16 Scoop 1 slice/1 each 1/4 cup 1/4 cup/# 8 scoop 6 Oz.	Munchies Snack Mix (Goldfish Crackers under 2) Banana & Milk

*Kimberly Mahony RDN*

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