|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Meal | Monday,  Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Tuesday,  Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Wednesday,  Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Thursday,  Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Friday,  Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Breakfast  7:00am-8:00am  1 Grain  1 Fruit  Milk | WG Cereal:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Fruit: \_\_\_\_\_\_\_\_\_\_\_  Milk | WG Cereal:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Fruit: \_\_\_\_\_\_\_\_\_\_\_  Milk | WG Cereal:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Fruit: \_\_\_\_\_\_\_\_\_\_\_  Milk | WG Cereal:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Fruit: \_\_\_\_\_\_\_\_\_\_\_  Milk | WG Cereal:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Fruit: \_\_\_\_\_\_\_\_\_\_\_  Milk |
| AM Snack  9:30am-10:00am  Any 2 Components:  (F)Fruit, (V)Vegetable,  (D)Dairy, (G)Grain  (M)Meat or  (MA)Meat Alternative | (G)WG Graham Crackers  (F)Applesauce  Water | (G) WG Bagel with Cream Cheese  (F)Watermelon  Water | (G) Cracker: \_\_\_\_\_\_  (F)Pears  Water | (MA/D)Greek Yogurt  (F)Blueberries  Water | (G) Chex Mix  (F)Peaches  Water |
| Lunch  11:30am-12:15pm  1 (M)Meat or  (MA)Meat Alternative  2 (V)Vegetable and/or (F)Fruit  1 (G)Grain  Milk | (M, WG, V) BBQ Turkey on a Roll  (V) Peas  (F)Apples  Milk | (MA, G) WG Spaghetti with Meat Sauce  (V)Green Beans  (F)Oranges  Milk | (G) Pancakes  (MA,V) Spinach Egg Bake  (F)Strawberries  Milk | (MA, V) Vegetable Chili  (G) Cornbread  (F)Apple Slices  Milk | (M, F) Pineapple Chicken  (G) Brown Rice  (V) Stir Fry Vegetables  Milk |
| PM Snack  3:00pm-3:45pm  Any 2 Components:  (F)Fruit, (V)Vegetable,  (D)Dairy, (G)Grain  (M)Meat or  (MA)Meat Alternative | (D)WG Cracker  (V)Carrot Sticks  Water | (G,M/MA) Ham & Cheese Roll up  Water | (MA) Peanut Butter  (F) Apple Slices  Water | (G)WW Pita Bread  (MA) Hummus  Water | (F)Fruit: \_\_\_\_\_\_\_\_\_\_\_\_  (D)String Cheese  Water |

\*Whole milk served to children under 2 and 1% milk served to children over 2 years. \*All vegetables are cooked for children under the age of 2.

Key of component shortcuts: WW=Whole Wheat, WG=Whole Grain, D=Dairy, M=Meat, MA=Meat Alternative, V=Vegetable, F=Fruit

Sunshine Early Learning Center is an equal opportunity provider.