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| Meal | Monday,Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Tuesday,Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Wednesday,Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Thursday,Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Friday,Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Breakfast7:00am-8:00am1 Grain1 FruitMilk | WG Cereal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Fruit: \_\_\_\_\_\_\_\_\_\_\_Milk | WG Cereal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Fruit: \_\_\_\_\_\_\_\_\_\_\_Milk | WG Cereal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Fruit: \_\_\_\_\_\_\_\_\_\_\_Milk | WG Cereal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Fruit: \_\_\_\_\_\_\_\_\_\_\_Milk | WG Cereal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Fruit: \_\_\_\_\_\_\_\_\_\_\_Milk |
| AM Snack9:30am-10:00amAny 2 Components:(F)Fruit, (V)Vegetable,(D)Dairy, (G)Grain(M)Meat or (MA)Meat Alternative | (G)WG Graham Crackers(F)ApplesauceWater | (G) WG Bagel with Cream Cheese (F)WatermelonWater | (G) Cracker: \_\_\_\_\_\_(F)PearsWater | (MA/D)Greek Yogurt(F)BlueberriesWater | (G) Chex Mix(F)PeachesWater |
| Lunch11:30am-12:15pm1 (M)Meat or (MA)Meat Alternative2 (V)Vegetable and/or (F)Fruit1 (G)GrainMilk | (M, WG, V) BBQ Turkey on a Roll(V) Peas(F)ApplesMilk | (MA, G) WG Spaghetti with Meat Sauce(V)Green Beans (F)OrangesMilk | (G) Pancakes(MA,V) Spinach Egg Bake(F)StrawberriesMilk | (MA, V) Vegetable Chili (G) Cornbread(F)Apple SlicesMilk | (M, F) Pineapple Chicken(G) Brown Rice(V) Stir Fry VegetablesMilk |
| PM Snack3:00pm-3:45pmAny 2 Components:(F)Fruit, (V)Vegetable,(D)Dairy, (G)Grain(M)Meat or (MA)Meat Alternative | (D)WG Cracker(V)Carrot SticksWater | (G,M/MA) Ham & Cheese Roll upWater | (MA) Peanut Butter(F) Apple SlicesWater | (G)WW Pita Bread(MA) HummusWater | (F)Fruit: \_\_\_\_\_\_\_\_\_\_\_\_(D)String CheeseWater |

\*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.