



Month: _____ Year: _____ Menu: 1

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 Bagel with Cream Cheese (F)Oranges Water	(D)Yogurt (F)Peaches Water	(G)WG Graham Crackers (F)Applesauce Water	(G)WG Breakfast Muffin (D)Milk	(G) Pretzels (2 and older) (G)WG Cracker (under 2) (F)Pears 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, D) Chicken Alfredo with a Twist (V) Broccoli (F) Banana Milk	(M, V) Breakfast Pizza with Hashbrown Crust (F) Strawberries (G) WW Toast Milk	(M, V) Chicken Stir-Fry (G)Brown Rice (F)Pineapple Milk	(M, G) Sloppy Joe on a Roll (V)Peas (F)Apple Slices Milk	(MA, G) Bean Burritos (V)Corn (F)Oranges Milk
PM Snack 3:00pm-3:45pm Any 2 Components: (F)Fruit, (V)Vegetable, (D)Dairy, (G)Grain (M)Meat or (MA)Meat Alternative	(G)Wheat Thins (D)String Cheese Water	(G)Pita Chips (MA)Hummus Water	(G)Tortilla Chips (V)Salsa Water	(G)WG Ritz Crackers (V)Cucumbers & Carrots Water	(F)Apple Slices (D)Sliced 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.