



# Sunshine Early Learning Childcare Center

"Where children can learn, grow, and shine bright!"

Month: \_\_\_\_\_ Year: \_\_\_\_\_ Menu: 4

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) Whole Wheat Toast (F) Cantaloupe Water	(G) Cracker: Animal (F)Banana Water	(D)Cheese Cubes (F)Watermelon Water	(G) WG Pretzels (F) Blueberries 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, V,G) Chicken Tomato Bake (F)Oranges Milk	(M,G, V) American Sub Sandwich (F)Apples Milk	(M, G, D) Mac & Cheese with Ham (V) Corn (F)Apples Milk	(M, G, V) Beef Tamale Pie (F)Strawberries Milk	(MA, G,) Creamy Wild Rice (V)Broccoli (F)Pears Milk
PM Snack 3:00pm-3:45pm Any 2 Components: (F)Fruit, (V)Vegetable, (D)Dairy, (G)Grain (M)Meat or (MA)Meat Alternative	(MA)Peanut Butter (G) Cracker: Saltines Water	(G) Wheat Thins (V) Carrots Creamy Dip Water	(G) WG Goldfish (V) Apples Water	(G) Whole-Corn Tortilla Chips with Salsa (F) Mango Water	(F)Fruit: Oranges (D)Slice 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.