



Sunshine Early Learning Childcare Center

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

Month: _____ Year: _____ Menu: 2

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)Blueberries Water	(G) Cracker: _____ (F)Peaches Water	(D)Yogurt (F)Fruit Tower Water	(G) Friends Trail Mix (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, V, G) Chicken Fried Rice with Mixed Vegetables (F)Apples Milk	(MA, G) Macaroni & Cheese (V)Green beans (F)Oranges Milk	(M) Meatball Madness (G) Slice of Bread (V) Mash Potatoes (F)Watermelon Milk	(MA, V, G) Bean Burrito Bowl (F)Mango Milk	(M,G)Chicken Salad Sandwich (V) Mixed Greens (F)Strawberries 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)Cheese String (V)Cucumbers	(G) Wheat Thins (V) Carrots Hummus Water	(G) Animal Crackers (V) Apple Slices Water	(G,V,D)WG English Muffin Pizza Water	(F)Fruit: _____ (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.