



Sunshine Early Learning Childcare Center

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

Month: _____ Year: _____ Menu: _____

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 (Sunflower Butter)VG, ND (F)Oranges Water	(D)Yogurt (Soy Yogurt) ND, VEG (F)Peaches Water	(G)WG Graham Crackers (F)Applesauce Water	(G)Granola Bar (D)Bananas Water	(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, G V) Chicken Salad Sandwich (Grilled Cheese VEG) (F)Apples (V) Green Beans Milk (Soy Milk)ND	(M, WG, D) Chicken Alfredo with a Twist Marinara with a twist (VEG, VG, ND) (V)Broccoli 0(F)Oranges Milk (Soy Milk)ND	(MA, G) Toasted Turkey Ham & Cheese Sandwich (V) Mixed Greens (F) Pears Milk (Soy Milk)ND	(MA, V) Chef Salad (G)Roll (F)Watermelon Milk (Soy Milk)ND	(M, G) All American Sub (Sunflower Butter Sandwich) E, VG (V)Mixed Greens (F)Oranges Milk (Soy Milk)ND
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 (Fresh Fruit) ND Water	(G)Pita Chips (MA)Hummus Water	(G)Tortilla Chips (V)Salsa Water	(G)WG Ritz Crackers (V)Cucumbers & Carrots Water	(F) Blueberries (D)Sliced Cheese (Cracker) ND 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

VG(Vegan) VEG(Vegetarian) ND(Non-Dairy) NF(Nut-Free) E(Egg Alternative)

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AM Snack 8:30am-9:00am Any 2 Components: (F)Fruit, (V)Vegetable, (D)Dairy, (G)Grain (M)Meat or (MA)Meat Alternative	(G) Cracker: _____ (F)Peaches Water	(G) English Muffin (MA)Peanut butter (Sunflower Butter) NF Water	(G)WG Graham Crackers (F)Applesauce Water	(D)Yogurt (Soy Yogurt) ND, VEG (F)Watermelon Water	(G) Friends Trail Mix (NF) (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) Fiesta Wrap) VG, V (F)Apples Milk (Soy Milk)ND	(MA, G) Macaroni & Cheese (Macaroni and Marinara) ND, VG (V)Green beans (F)Oranges Milk (Soy Milk)ND	(MA, G) Egg Salad Sandwich (Sunflower Butter) E (V) Carrots (F)Watermelon Milk (Soy Milk)ND	(MA, G, F) Pineapple Chicken (Remove Chicken add tofu) VG (F)Peas Milk (Soy Milk)ND	(M,G)Turkey Salad Sandwich Sunflower Butter Sandwich) VEG, VG (V) Mixed Greens (F)Strawberries Milk (Soy Milk)ND
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 (Fruit) ND (V)Cucumbers	(G) Wheat Thins (V) Carrots Hummus Water	(G) Animal Crackers (F) Bananas Water	(G) Crackers: _____ (F)Summer Fruit Salads Water	(F)Fruit: _____ (D)Slice Cheese (Cracker) ND, VEG Water

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AM Snack 8:30am-9:00am Any 2 Components: (F)Fruit, (V)Vegetable, (D)Dairy, (G)Grain (M)Meat or (MA)Meat Alternative	(MA) Peanut Butter (Sunflower Butter) NF (F) Apple Slices Water	(G) WG Raisin Bagel with Margarine (F)Watermelon Water	(G)WG Graham Crackers (F)Applesauce Water	(MA/D) Yogurt (Soy Yogurt) ND, VEG (F)Blueberries Water	(G) Chex Mix (NF) (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 (BBQ Tofu on a roll) VEG, VG (V) Corn (F)Raspberries Milk (Soy Milk)ND	(MA, G) WG Spaghetti and Meat Sauce (Marinara) VEG, VG (V)Broccoli (F)Banana Milk (Soy Milk)ND	(MA, G, V) Eagle Pizza (F)Strawberries Milk (Soy Milk)ND	(MA, G,) Chicken Curry Casserole (Remove Chicken add tofu) (V) Peas (F)Apple Slices Milk (Soy Milk)ND	(M) Beef Stroganoff (G) Wide Noodles (Marinara Sauce) VEG, VEG, ND (V) Green Beans (F) Banana Milk (Soy Milk)ND
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 (Sunflower Butter and Jam Roll up) VEG, VG, ND Water	(G) Cracker: _____ (F)Pears Water	(G)WW Pita Bread (MA) Hummus Water	(F)Fruit: _____ (D)String Cheese (Cracker) ND, VG Water

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AM Snack 8:30am-9:00am Any 2 Components: (F)Fruit, (V)Vegetable, (D)Dairy, (G)Grain (M)Meat or (MA)Meat Alternative	(D)Cheese Cubes (Crackers) ND, VG (F)Apples Water	(G)WW Pita Bread W/ Cinnamon (MA) Yogurt Dip Water	(G) Cracker: _____ (F)Banana Water	(G, MA) Peanut Butter and Jelly Roll ups (Sunflower Butter) NF 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	(MA,G) Toasted Cheese Sandwich (Sunflower Butter Sandwich) ND (V) Peas (F)Oranges Milk (Soy Milk)ND	(M, V, G) Chic' Penne (Remove Chicken add Tofu) VG , (F) Watermelon (V) Mixed Greens Milk (Soy Milk)ND	(MA, G, V) Bean Burrito Bowl (F)Pears Milk (Soy Milk)ND	(M, G) Meatball Marinara Hoagie Subs (Replace w/ Veggie Meatballs) VG(V) Green Beans (F)Strawberries Milk (Soy Milk)ND	(MA, G, V) Crunchy Hawaiian Chicken Wraps (Remove Chicken and Beans) VG (F)Watermelon Milk (Soy Milk)ND
PM Snack 3:00pm-3:45pm Any 2 Components: (F)Fruit, (V)Vegetable, (D)Dairy, (G)Grain (M)Meat or (MA)Meat Alternative	(G) Saltine Crackers (MA) Peanut butter Water	(G) Wheat Thins (V) Carrots Creamy Dip (Soy yogurt Dip) ND, VG Water	(M, G) Turkey Pinwheels (Cheese and Veggie Pinwheels) VG, VEG Water	(G) Whole-Corn Tortilla Chips with Salsa (F) Mango Water	(G) WG Goldfish (Wheat Thins) ND, VEG (V) Apples Water

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