



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 Graham Crackers (F)Applesauce Water | (D)Yogurt (F)Peaches Water | (G)WG Bagel with Cream Cheese (F)Oranges 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)GrainMilk | (MA, G) Grilled Cheese Sandwich (V)Tomato Soup (F) Pears Milk | (M, WG, D) Chicken Alfredo with a Twist (V)Broccoli (F) Banana Milk | (M, V) Roasted Potatoes and Turkey Hash (F) Apples Milk | (M, G) Sloppy Joe on a Roll (V)Peas (F)Apple Slices Milk | (MA, G, D) Bean and Cheese Burritos (V) Green Beans (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.