



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) Cinnamon Apple Muffin (D) Milk	(G) Cracker: _____ (F)Banana Water	(D)Cheese Cubes (F)Apples 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,G, V) Chicken and Creamy Wild Rice (V) Peas (F)Oranges Milk	(M, V, G) Turkey Salad Sandwich (F) Watermelon Milk	(M) Sweet and Sassy Chicken (G) Rice (V) Broccoli (F)Pears Milk	(M, G) Meatloaf Madness (V) Green Beans (F)Strawberries Milk	(MA, G, V) Fried Rice with Mixed Vegetables (F)Peaches 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) Saltine Crackers (MA) Peanut butter 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	(M, G) Turkey Pinwheels 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.