



# Sunshine Early Learning Childcare Center

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

Month: \_\_\_\_\_ Year: \_\_\_\_\_ Menu: 3

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) WG Bagel with Cream Cheese (F)Watermelon Water	(G) Cracker: Goldfish (F)Pears Water	(MA/D) Greek Yogurt (F)Blueberries Water	(G) Chex Mix (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	(MA, V) Vegetable Chili (G) Cornbread (F)Apple Slices Milk	(MA, G) WG Spaghetti with Meat Sauce (V)Green Beans (F)Oranges Milk	(G) Pancakes (MA,V) Spinach Egg Bake (F)Strawberries Milk	(M, G, D) Chicken Mozz Pizza (V)Mixed Greens (F) Pineapple Milk	(M, WG, V) BBQ Turkey on a Roll (V) Peas (F)Apples 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)WG Cracker (V)Carrot Sticks Water	(G,M/MA) Ham & Cheese Roll up Water	(MA) Peanut Butter (F) Apple Slices Water	(G)WW Pita Bread (MA) Hummus Water	(F)Fruit: Oranges (D)String 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.