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| Meal | Monday,Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Tuesday,Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Wednesday,Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Thursday,Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Friday,Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Breakfast7:00am-8:00am1 Grain1 FruitMilk | WG Cereal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Fruit: \_\_\_\_\_\_\_\_\_\_\_Milk | WG Cereal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Fruit: \_\_\_\_\_\_\_\_\_\_\_Milk | WG Cereal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Fruit: \_\_\_\_\_\_\_\_\_\_\_Milk | WG Cereal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Fruit: \_\_\_\_\_\_\_\_\_\_\_Milk | WG Cereal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Fruit: \_\_\_\_\_\_\_\_\_\_\_Milk |
| AM Snack9:30am-10:00amAny 2 Components:(F)Fruit, (V)Vegetable,(D)Dairy, (G)Grain(M)Meat or (MA)Meat Alternative | (G)WG Graham Crackers(F)ApplesauceWater | (G) Whole Wheat Toast (F)BlueberriesWater | (G) Cracker: \_\_\_\_\_\_(F)PeachesWater | (D)Yogurt(F)Fruit TowerWater | (G) Friends Trail Mix(F)PearsWater |
| Lunch11:30am-12:15pm1 (M)Meat or (MA)Meat Alternative2 (V)Vegetable and/or (F)Fruit1 (G)GrainMilk | (M, V) Meatball Madness (G) WW Roll(F)ApplesMilk | (MA, G) Macaroni & Cheese(V)Broccoli (F)OrangesMilk | (MA, G, V) Broccoli, Cheese, Rice Casserole(G)Brown Rice(F)BananasMilk | (M, V) Beef Shepherd’s Pie (G)Peas(F)Apple SlicesMilk | (MA, G, V)Quiche with Self-Forming Crust(F)StrawberriesMilk |
| PM Snack3:00pm-3:45pmAny 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) CarrotsCreamy DipWater | (G) Animal Crackers(V) Apple SlicesWater | (G,V,D)WG English Muffin PizzaWater | (F)Fruit:\_\_\_\_\_\_\_\_\_\_\_\_(D)Slice CheeseWater` |

\*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.