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| 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) Whole Wheat Toast  (F)Blueberries  Water | (G) Cracker: \_\_\_\_\_\_  (F)Peaches  Water | (D)Yogurt  (F)Fruit Tower  Water | (G) Friends Trail Mix  (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) Meatball Madness  (G) WW Roll  (F)Apples  Milk | (MA, G) Macaroni & Cheese  (V)Broccoli  (F)Oranges  Milk | (MA, G, V) Broccoli, Cheese, Rice Casserole  (G)Brown Rice  (F)Bananas  Milk | (M, V) Beef Shepherd’s Pie  (G)Peas  (F)Apple Slices  Milk | (MA, G, V)  Quiche with Self-Forming Crust  (F)Strawberries  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)Cheese String  (V)Cucumbers | (G) Wheat Thins  (V) Carrots  Creamy Dip  Water | (G) Animal Crackers  (V) Apple Slices  Water | (G,V,D)WG English Muffin Pizza  Water | (F)Fruit:\_\_\_\_\_\_\_\_\_\_\_\_  (D)Slice 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.