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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) CantaloupeWater | (G) Cracker: \_\_\_\_\_\_(F)BananaWater | (D)Cheese Cubes(F)WatermelonWater | (G) WG Pretzels(F) BlueberriesWater |
| Lunch11:30am-12:15pm1 (M)Meat or (MA)Meat Alternative2 (V)Vegetable and/or (F)Fruit1 (G)GrainMilk | (M,G, V) American Sub Sandwich (F)ApplesMilk | (M, V,G) Chicken Tomato Bake(F)OrangesMilk | (MA, G,) Creamy Wild Rice(V)Broccoli(F)PearsMilk | (M, G, V) Beef Tamale Pie (F)StrawberriesMilk | (MA, G, V)Crunchy Hawaiian Chicken Wrap(F)WatermelonMilk |
| PM Snack3:00pm-3:45pmAny 2 Components:(F)Fruit, (V)Vegetable,(D)Dairy, (G)Grain(M)Meat or (MA)Meat Alternative | Ants on a Log:(MA)Peanut Butter(V)Celery(F)Raisins (2 and older only)Water | (G) Wheat Thins(V) CarrotsCreamy DipWater | (G) WG Goldfish(V) ApplesWater | (G) Whole-Corn Tortilla Chips with Salsa(F) MangoWater | (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.