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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) Cantaloupe  Water | (G) Cracker: \_\_\_\_\_\_  (F)Banana  Water | (D)Cheese Cubes  (F)Watermelon  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) American Sub Sandwich  (F)Apples  Milk | (M, V,G) Chicken Tomato Bake  (F)Oranges  Milk | (MA, G,) Creamy Wild Rice  (V)Broccoli  (F)Pears  Milk | (M, G, V) Beef Tamale Pie  (F)Strawberries  Milk | (MA, G, V)  Crunchy Hawaiian Chicken Wrap  (F)Watermelon  Milk |
| PM Snack  3:00pm-3:45pm  Any 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) Carrots  Creamy Dip  Water | (G) WG Goldfish  (V) Apples  Water | (G) Whole-Corn Tortilla Chips with Salsa  (F) Mango  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.