



Sunshine Early Learning Childcare Center

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

Month: _____ Year: _____ Menu: 2

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: Ritz (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	(MA, G) Macaroni & Cheese (V)Peas (F)Oranges Milk	(M, V) Meatball Madness (G) WW Roll (F)Apples Milk	(MA, G, V) Broccoli, Cheese, Rice Casserole (G)Brown Rice (F)Bananas Milk	(M, V) Beef Shepherd's Pie (G)Corn (F)Apple Slices Milk	(MA, G, V) Rainbow Rice (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:Oranges (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.