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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 Bagel with Cream Cheese  (F)Oranges  Water | (D)Yogurt  (F)Peaches  Water | (G)WG Graham Crackers  (F)Applesauce  Water | (G)WG Breakfast Muffin  (D)Milk | (G) Pretzels (2 and older)  (G)WG Cracker (under 2)  (F)Pears  Water |
| Lunch  11:30am-12:15pm  1 (M)Meat or  (MA)Meat Alternative  2 (V)Vegetable and/or (F)Fruit  1 (G)GrainMilk | (M, V) Breakfast Pizza with Hashbrown Crust  (F)Strawberries  (G)WW Toast  Milk | (M, WG, D) Chicken Alfredo with a Twist  (V)Broccoli  (F)Banana  Milk | (M, V) Chicken  Stir-Fry  (G)Brown Rice  (F)Pineapple  Milk | (M, G) Sloppy Joe on a Roll  (V)Peas  (F)Apple Slices  Milk | (MA, G)  Bean Burritos  (V)Corn  (F)Oranges  Milk |
| PM Snack  3:00pm-3:45pm  Any 2 Components:  (F)Fruit, (V)Vegetable,  (D)Dairy, (G)Grain  (M)Meat or  (MA)Meat Alternative | (G)Wheat Thins  (D)String Cheese  Water | (G)Pita Chips  (MA)Hummus  Water | (G)Tortilla Chips  (V)Salsa  Water | (G)WG Ritz Crackers  (V)Cucumbers & Carrots  Water | (F)Apple Slices  (D)Sliced 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.