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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 Bagel with Cream Cheese(F)OrangesWater | (D)Yogurt(F)PeachesWater | (G)WG Graham Crackers(F)ApplesauceWater | (G)WG Breakfast Muffin(D)Milk | (G) Pretzels (2 and older)(G)WG Cracker (under 2)(F)PearsWater |
| Lunch11:30am-12:15pm1 (M)Meat or (MA)Meat Alternative2 (V)Vegetable and/or (F)Fruit1 (G)GrainMilk | (M, V) Breakfast Pizza with Hashbrown Crust(F)Strawberries(G)WW ToastMilk | (M, WG, D) Chicken Alfredo with a Twist(V)Broccoli (F)BananaMilk | (M, V) Chicken Stir-Fry (G)Brown Rice(F)PineappleMilk | (M, G) Sloppy Joe on a Roll (V)Peas(F)Apple SlicesMilk | (MA, G) Bean Burritos(V)Corn(F)OrangesMilk |
| PM Snack3:00pm-3:45pmAny 2 Components:(F)Fruit, (V)Vegetable,(D)Dairy, (G)Grain(M)Meat or (MA)Meat Alternative | (G)Wheat Thins(D)String CheeseWater | (G)Pita Chips(MA)HummusWater | (G)Tortilla Chips(V)SalsaWater | (G)WG Ritz Crackers(V)Cucumbers & CarrotsWater | (F)Apple Slices(D)Sliced 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.