Sunshine Early Learning Childcare Center

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

Month: _____ Year: _____ Menu: 3

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) WG Bagel with Cream Cheese (F)Watermelon Water	(MA) Peanut Butter (F) Apple Slices Water	(MA/D) Greek Yogurt (F)Blueberries Water	(G) Chex Mix (F)Peaches 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, WG, V) BBQ Turkey on a Roll (V) Peas (F)Apples Milk	(MA, G) WG Spaghetti with Meat Sauce (V)Green Beans (F)Oranges Milk	(G) Pancakes (MA) Scrambled Eggs (F)Strawberries Milk	(MA) Black Beans (G, V) Pasta Salad (F)Apple Slices Milk	(M, G) Beef Stroganoff (V) Green Beans (F) Banana 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)WG Cracker (V)Carrot Sticks Water	(G,M/MA) Ham & Cheese Roll up Water	(G) Cracker: _____ (F)Pears Water	(G)WW Pita Bread (MA) Hummus Water	(F)Fruit: _____ (D)String 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.