Sonshine Daycare summer 2020 Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK					
Grain	Waffles	100% Whole Grain Oats Dry Cereal Cheerio's	100% Whole Wheat English Muffins	100% Whole Grain Oats Dry Cereal Cheerio's	100% Whole Wheat Bagels
Fruit and Vegetables	Fresh Apples	Banana	Fresh Berries	Fresh Apples	Grapes
Milk and Alternative	2% and 3% Milk served Cream cheese (Unsalted Butter PS)	2% and 3% Milk served	2% and 3% Milk served WOW Butter (Unsalted Butter PS)	2% and 3% Milk served	2% and 3% Milk served Cream Cheese (Unsalted Butter PS)
LUNCH					
Vegetables	Cooked California Mixed Veggies (Broccoli, Cauliflower, Carrot)	Garden Salad (cooked mixed Vegetables Infants & Toddler)	Cooked Corn	Cooked Green Beans & Carrots	Caser Salad (cooked mixed Vegetables Infants & Toddler)
Fruit	Jar Unsweetened Apple Sauce	Can Pears in Juice, Drained	Can Fruit Cocktail in Juice, Drained	Berries and Yogurt	Melon
Grain Products	Brown Rice with Veggies (Celery, Carrot, Onion, Pepper)	100% Whole Wheat English Muffins	100% Whole Wheat Buns	100% Whole Wheat Wraps	Whole Wheat Pasta Whole Wheat Bread with Unsalted Butter
Meat and Alternative	Mini Quiche Eggs	Tuna Melts White & Black Beans in Homemade Tomato Sauce	Sloppy Joes	Chicken Salad Wraps with Lettuce	Beef Tomato Pasta
Milk and Alternative	2% and 3% Milk served Cheese	2% and 3% Milk served Ranch Dressing	2% and 3% Milk served	2% and 3% Milk served Mayo in Chicken Salad	2% and 3% Milk served Caser Dressing
AFTERNOON SNACK					
Vegetables and Fruits	Melon	Fresh Apples	Fresh Banana, Raw Pepper Sticks	Pears, Raw Cucumber Sticks	Fresh Apples
Dairy	Cream Cheese	Cheese	Ranch Dip		
Grain / Meat Alternative	Graham Crackers	Whole Wheat Crackers	Whole Wheat Crackers	WW Naan Hummus	Whole Wheat Shreddies
Milk and Alternative	Water Served	Water Served	Water Served	Water Served	Water Served

- Water is always available to the children and offered throughout the day

Sonshine Daycare summer 2020 Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK					
Grain	Waffles	100% Whole Grain Oats Dry Cereal Cheerio's	100% Whole Wheat English Muffins	100% Whole Grain Oats Dry Cereal Cheerio's	100% Whole Wheat Bagels
Fruit and Vegetables	Fresh Apples	Fresh Banana	Fresh Pears	Fresh Banana	Fresh Berries
Milk and Alternative	2% and 3% Milk served Cream Cheese (Unsalted Butter PS)	2% and 3% Milk served	2% and 3% Milk served WOW Butter (Unsalted Butter PS)	2% and 3% Milk served	2% and 3% Milk served Cream Cheese (Unsalted Butter PS)
LUNCH					
Vegetables	Cooked Green Beans & Carrots	Caser Salad (cooked mixed Vegetables Infants & Toddler)	Cooked Broccoli Salsa	Garden Salad (cooked Mixed Vegetables Infants & Toddler)	Cooked Peas
Fruit /Dessert	Jar Unsweetened Apple Sauce	Can Pears in Juice, Drained	Can Peaches in Juice, Drained	Yogurt & Berries	Melon
Grain Products	Whole Wheat Bread	Whole Wheat Buns	Whole Wheat Wraps	Whole Wheat Pasta	Whole Bread
Lunch Meat and Alternative	Grilled Cheese and Black & White beans with Homemade Tomato Sauce	Pulled Pork on Bun	Beef & Bean Tacos White Kidney Beans	Tuna Casserole	Egg Salad Sandwiches
Milk and alternative	2% and 3% Milk served Cheese	2% and 3% Milk served Caser Dressing	2% and 3% Milk served Cheese, Sour Cream	2% and 3% Milk served Ranch Dressing	2% and 3% Milk served Yogurt Mayo in Egg Salad
AFTERNOON SNACK					
Vegetables and Fruits	Banana	Grapes	Fresh Apples & Carrot Sticks	Melon	Fresh Apple Raw Cucumber Sticks
Dairy	Cream Cheese	Cheese	Ranch Dip		
Grain/Meat Alternative	Digestive cookies	Whole Wheat Crackers	Whole Wheat Crackers	Whole Wheat Naan Hummus	Whole Wheat Shreddies
Milk and alternative	Water served	Water served	Water served	Water served	Water served

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Sonshine Daycare summer 2020 Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK					
Grain	Waffles	100% Whole Grain Oats Dry Cereal- Cheerio's	100% Whole Wheat English Muffins WOW Butter (Unsalted Butter PS)	100% Whole Grain Oats Dry Cereal Cheerio's	100% Whole Wheat Bagels
Fruit and Vegetables	Apples	Banana	Berries	Banana	Melon or Berries
Milk and Alternative	2% and 3% Milk served Cream cheese	2% and 3% Milk served	2% and 3% Milk served	2% and 3% Milk served	2% and 3% Milk served Cream Cheese
LUNCH					
Vegetables	Cooked Green Beans & Carrots	Cooked Peas Roasted Potatoes	Caser salad (cooked mixed vegetables Infant & Toddler)	Cooked Mixed Veggies (Peas, Carrots, Corn, Green Beans, Lima Beans)	Garden Salad (cooked mixed vegetables Infant & Toddler)
Fruit / Desert	Jar Unsweetened Apple Sauce	Can Peaches in Juice, Drained	Fresh Berries and Yogurt	Can Fruit Cocktail in Juice, Drained	Melon
Grain Products	Whole Wheat English Muffins	Whole Wheat Toast	Whole Wheat Pasta	Brown Rice	Whole Wheat Bread
Meat and Alternative **Lunch**	Mini Cheese & Tomato Pizzas Black & White Beans with Homemade Tomato sauce	Scrambled Eggs	Chicken Alfredo	Chicken & Brown Rice Pilaf with Veggies (Celery, Carrot, Onion, Pepper)	Tuna Salad Sandwich
Diary	2% and 3% Milk served	2% and 3% Milk served Unsalted Butter	2% and 3% Milk served Caser Dressing	2% and 3% Milk served	2% and 3% Milk served Mayo in tuna salad Ranch Dressing
AFTERNOON SNACK					
Vegetables and Fruits	Grapes	Melon	Banana	Fresh Pears, Raw Pepper Sticks	Fresh Apples, Raw Cucumber Sticks
Grain/ Meat & Alternative	WW Crackers	Graham Crackers	Whole Wheat Naan Hummus	Digestive Cookies	Whole Wheat Shreddies
Dairy	Cheese	Cream Cheese			
Milk and alternative	Water served	Water served	Water served	Water served	Water served

- Water is always available to the children and offered throughout the day