

Sunshine Daycare Winter 2020-2021 Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING SNACK</b>					
Grain	Waffles	100% Whole Grain Oats Dry Cereal Cheerios	100% Whole Wheat English Muffins	100% Whole Grain Oats Dry Cereal Cheerios	100% Whole Wheat Bagels
Fruit and Vegetables	Fresh Apples	Fresh Banana	Fresh Berries	Fresh Apples	Fresh Bananas
Milk and Alternative	2% & 3% Milk Served Cream Cheese (Unsalted Butter PS)	2% & 3% Milk served	2% & 3% Milk Served Wow Butter, (Unsalted Butter PS)	2% & 3% Milk served	2% & 3% Milk Served Cream Cheese (Unsalted Butter PS)
<b>LUNCH</b>					
Vegetables	Cooked California Mixed Veggies (Broccoli, Cauliflower, Carrot)	Coleslaw (cooked mixed vegetables for infants & toddlers)	Caser Salad (cooked corn for infants & toddlers)	Mashed Potatoes	Fresh & Frozen Veggies (Celery, Carrot, Onion)
Fruit	Jar Unsweetened Apple Sauce	Can Pears in Juice Drained	Berries and Yogurt	Can Peaches in Juice Drained	Fresh Oranges
Grain Products	Brown Rice with Veggies (Celery, Carrot, Onion, Pepper)	Whole Wheat Bread and Unsalted Butter WW Pasta	Whole Wheat Buns	Whole Wheat Bread, Unsalted Butter Brown Rice	WW Crackers, WW Bread with Unsalted Butter
Meat and Alternative <b>Lunch</b>	Mini Quiche Eggs	Tuna Casserole	Chicken Chili	Mock Beef Cabbage Rolls (Brown Rice, Cabbage, Tomato)	Tomato Beef Noodle Soup
Milk and Alternative	2% and 3% Milk served Cheese	2% and 3% Milk served	2% & 3% Milk, Sour Cream, Cheese, Yogurt	2% and 3% Milk served	2% and 3% Milk served
<b>AFTERNOON SNACK</b>					
Vegetables and Fruits	Fresh Oranges	Fresh Apples	Fresh Oranges, Raw Pepper Sticks	Fresh Pears, Raw Cucumber Sticks	Fresh Apples
Grain / Meat Alternative	Graham Crackers	Whole Wheat Crackers	Whole Wheat Crackers	Whole Wheat Naan Hummus	Whole Wheat Shreddies
Dairy	Cream Cheese	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

Sonshine Daycare Winter 2020-2021 Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING SNACK</b>					
Grain	Waffles	100% Whole Grain Oats Dry Cereal Cheerios	100% Whole Wheat English Muffins	100% Whole Grain Oats Dry Cereal Cheerios	100% Whole Wheat Bagels
Fruit and Vegetables	Fresh Apples	Fresh Banana	Fresh Pears	Fresh Banana	Fresh Apples
Milk and Alternative	2% & 3% Milk Served Cream Cheese (Unsalted Butter PS)	2% and 3% Milk served	2% & 3% Milk Served WOW Butter (Unsalted Butter PS)	2% & 3% Milk Served	2% & 3% Milk Served Cream Cheese (Unsalted Butter PS)
<b>LUNCH</b>					
Vegetables	Cooked California Mix Veggies (Broccoli, Cauliflower, Carrot)	Caser Salad(cooked Mixed Vegetables for infants & toddlers)	Cooked Broccoli	Cooked Peas Fresh Roasted Potatoes	Fresh & Frozen Veggies (Celery, Carrots, Onion)
Fruit /Dessert	Jar Unsweetened Apple Sauce	Can Fruit Cocktail in Juice Drained	Can Pears in Juice Drained	Berries & Yogurt	Fresh Oranges
Grain Products	Whole Wheat English Muffins	Whole Wheat Buns	Whole Wheat Pasta	Whole Wheat Buns	WW Bread with Unsalted Butter WW Crackers
Meat and Alternative <b>Lunch</b>	Tuna Melts White & Black Beans in Homemade Tomato Sauce	Beef Chilli	Chicken Alfredo	Pulled Pork	Chicken & Vegetable Noodle Soup
Milk and Alternative	2% & 3% Milk Served Cheese	2% & 3% Milk Served	2% & 3% Milk Served Alfredo Sauce	2% & 3% Milk Served Yogurt	2% & 3% Milk Served
<b>AFTERNOON SNACK</b>					
Vegetables and Fruits	Fresh Banana	Fresh Oranges	Fresh Apples, Raw Carrot Sticks	Fresh Oranges, Raw Cucumber Sticks	Fresh Banana, Raw Pepper Sticks
Dairy		Cheese		Cream Cheese	
Grain/Meat Alternative	Digestive Cookies	Whole Wheat Crackers	Whole Wheat Naan Hummus	Graham Crackers	Whole Wheat Shreddies
Milk and Alternative	Water served	Water served	Water served	Water served	Water served

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Sonshine Daycare Winter 2020-2021 Menu

Sonshine Daycare Winter 2020-2021 Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING SNACK</b>					
Grain	Waffles	100% Whole Grain Oats Dry Cereal Cheerios	100% Whole Wheat English Muffins	100% Whole Grain Oats Dry Cereal Cheerios	100% Whole Wheat Bagels
Fruit and Vegetables	Fresh Apples	Fresh Banana	Fresh Oranges	Fresh Banana	Fresh Pears
Milk and Alternative	2% & 3% Milk Served Cream Cheese (Unsalted Butter PS)	2% & 3% Milk served	2% & 3% Milk Served Wow Butter (Unsalted Butter PS)	2% & 3% Milk Served	2% & 3% Milk Served Cream Cheese (Unsalted Butter PS)
<b>LUNCH</b>					
Vegetables	Caser Salad (cooked mixed vegetables for infants & toddlers)	Roasted Potatoes Broccoli	Cooked California Mixed Veggies (Broccoli, Cauliflower, Carrot)	Cooked Green/Yellow Beans & Carrots	Fresh & Frozen Veggies (Celery, Carrot, Onion) Broccoli, potatoes
Fruit / Desert	Jar Unsweetened Apple Sauce	Can Peaches in Juice Drained	Can Pears in Juice Drained	Berries and Yogurt	Fresh Oranges
Grain Products	Whole Wheat Bread with Unsalted Butter Whole Wheat Pasta	Whole Wheat Toast with Unsalted Butter	Whole Wheat Buns	Whole Wheat Bread Unsalted Butter WW Pasta	Whole Wheat Bun Unsalted Butter
Meat and Alternative <b>Lunch</b>	Beef Tomato Pasta	Scrambled Eggs	Beef Meat Loaf	Homemade Mac & Cheese	Creamy Loaded Potato & Broccoli Soup with Chicken Chicken Broth
Diary	2% & 3% Milk Served	2% & 3% Milk Served	2% & 3% Milk Served	2% & 3% Milk Served Yogurt	2% & 3% Milk Served Cheese
<b>AFTERNOON SNACK</b>					
Vegetables and Fruits	Fresh Oranges	Raw Carrot, Cucumber, Pepper Sticks & Fresh Apples	Fresh Apples	Fresh Oranges & Raw Pepper Sticks	Fresh Banana
Grain/ Meat & Alternative	Graham Crackers	Whole Wheat Shreddies	Whole Wheat Crackers	Whole Wheat Naan Hummus	Digestive Cookies
Dairy	Cream cheese	Ranch Dip	Cheese		
Milk and Alternative	Water served	Water served	Water served	Water served	Water served

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