

Sonshine Daycare Winter 2022-2023 Menu

WATER AVAILABLE ALL DAY

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK					
Grain	100% Whole Grain Bagels	100% Whole Grain English Muffins	100% Whole Grain Oat Cups	100% Whole Grain Waffles	100% Whole Wheat Cheerios or Shreddies
Fruit and Vegetables	Fresh Apples	Fresh Oranges	Fresh Banana	Fresh Pears	Fresh Bananas
Milk and Alternative	2% & 3% Milk Served Cream Cheese, Wow Butter (Unsalted Butter PS)	2% & 3% Milk served Cream Cheese, Wow Butter (Unsalted Butter PS)	2% & 3% Milk Served	2% & 3% Milk served Cream Cheese, Wow Butter (Unsalted Butter PS)	2% & 3% Milk Served
LUNCH					
Vegetables	Mixed Vegetables (peas, beans, corn, carrot, lima bean) Potato	Bruschetta Pasta Salad (tomato, basil) (cooked mixed vegetables for infant) Spinach	California Mix (broccoli, cauliflower, carrot)	Peas and Carrots Broccoli	Mixed vegetables in soup(carrot, celery, onion, pepper, peas, beans, corn, carrot, lima bean)
Fruit	Can Fruit Cocktail in Juice, Drained	Jar Unsweetened Apple Sauce	Can Pears in Juice, Drained	Blueberries (Fresh or Frozen)	Can Peaches & Mandarins in Juice, Drained
Grain Products	100% Whole Grain Bread and Unsalted Butter	100% Whole Grain Buns and Unsalted Butter WW Pasta	100% Whole Grain Bread and Unsalted Butter WW Pasta	Whole Wheat Buns, Unsalted Butter	WW Crackers, WW Bread with Unsalted Butter
Meat and Alternative Lunch	Ground Beef Shepherd's Pie	Salmon Salmon Loaf	Chicken Chicken Stir Fry	Egg Broccoli Cheddar Egg Bake	Chicken, Chicken Broth Lemon Chicken Orzo Soup
Milk and Alternative	2% and 3% Milk served	2% and 3% Milk served	2% & 3% Milk	2% and 3% Milk served Yogurt	2% and 3% Milk served
AFTERNOON SNACK					
Vegetables and Fruits	Raw Pepper Sticks, Melon	Fresh Banana	Fresh Apples	Fresh Oranges, Raw Cucumber Sticks	Fresh Apples, Raw Carrot Sticks
Grain / Meat Alternative	100% Whole Grain Crackers	Cheezy Pizza Loaf	Digestive Cookies	100% Whole Grain Pita	100% Whole wheat crackers
Dairy	Ranch Dip	Cheese	Cream Cheese	Warm Spinach Dip	Cheese
Milk and Alternative	Water Served	Water Served	Water Served	Water Served	Water Served

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK					
Grain	100% Whole Grain English Muffins	100% Whole Grain Waffles	100% Whole Grain Oatmeal with Cinnamon & Apple	100% Whole Grain Cheerios or Shreddies	100% Whole Grain Bagels
Fruit and Vegetables	Fresh Apples	Fresh Oranges	Fresh Banana	Fresh Blueberries	Fresh Banana
Milk and Alternative	2% & 3% Milk Served Cream Cheese (Unsalted Butter PS)	2% and 3% Milk served Cream Cheese, Wow Butter (Unsalted Butter PS)	2% & 3% Milk Served	2% & 3% Milk Served	2% & 3% Milk Served Cream Cheese, Wow Butter (Unsalted Butter PS)
LUNCH					
Vegetables	California Mix (Broccoli, Carrot, Cauliflower)	Peas and Carrots	Broccoli Coleslaw Mix (in rice bowl)	Mixed Vegetables (carrot, peas, corn, beans, lima beans) Peas (in casserole)	Mixed Vegetables (carrot, peas, corn, beans, lima beans, in soup)
Fruit /Dessert	Can Peaches & Mandarins in Juice, Drained	Can Pears in Juice, Drained	Jar Unsweetened Apple Sauce	Can Fruit Cocktail in Juice, Drained	Fresh or Frozen Blueberries and Yogurt
Grain Products	100% Whole Grain Bun with Unsalted Butter	100% Whole Grain Bread with Unsalted Butter	Brown Rice 100% Whole Grain Roll with Unsalted Butter	100% Whole Grain Bread with Unsalted Butter	100% Whole Grain Bagels with Unsalted Butter WW Crackers
Meat and Alternative Lunch	Beef Meat Loaf	Mac & Cheese	Chicken & Egg Chicken Egg Roll Rice Bowl	Tuna Tuna Casserole	Chicken, Chicken Broth Chicken Pot Pie Soup
Milk and Alternative	2% & 3% Milk Served	2% & 3% Milk Served Cheese	2% & 3% Milk Served	2% & 3% Milk Served	2% & 3% Milk Served
AFTERNOON SNACK					
Vegetables and Fruits	Fresh Oranges	Fresh Apples, Raw Pepper Sticks	Fresh Melon, Raw Carrot Sticks	Fresh Oranges	Fresh Apples
Dairy			Ranch Dip		Cheese
Grain/Meat Alternative	Oatmeal Bars	100% Whole Grain Naan, Hummus	100% Whole Wheat Crackers	Blueberry Loaf	100% Whole wheat crackers
Milk and Alternative	Water served	Water served	Water served	Water served	Water served

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK					
Grain	100% Whole Grain Waffles	100% Whole Grain Cheerios or Shreddies	100% Whole Grain Toast	100% Whole Grain English Muffin	100% Whole Grain Bagels
Fruit and Vegetables	Fresh Apples	Fresh Oranges	Fresh Banana	Fresh Blueberries	Fresh Banana
Milk and Alternative	2% & 3% Milk Served Cream Cheese, Wow Butter (Unsalted Butter PS)	2% & 3% Milk served	2% & 3% Milk Served Scrambled Eggs (Unsalted Butter PS)	2% & 3% Milk Served Cream Cheese, Wow Butter (Unsalted Butter PS)	2% & 3% Milk Served Cream Cheese, Wow Butter (Unsalted Butter PS)
LUNCH					
Vegetables	Roasted California Mix (Broccoli, Cauliflower, Carrot)	Cooked mixed vegetables (Peas, carrot, corn, beans, lima beans)	Cucumber and Tomato Salad (cooked mixed vegetables for infants)	Cooked Mixed Vegetables (Peas, carrot, corn, beans, lima beans)	Broccoli, Spinach, Tomato
Fruit / Desert	Can Fruit Cocktail in Juice, Drained	Jar Unsweetened Apple Sauce	Can Peaches and Mandarins in Juice, Drained	Fresh Apples	Can Pears in Juice, Drained
Grain Products	100 % Whole Grain English Muffin	100% Whole Grain Pasta 100% Whole Grain Bread with Unsalted Butter	100% Whole Grain Pita Rice	100% Whole Grain Bun with Unsalted Butter	100% Whole Grain Pasta
Meat and Alternative Lunch	Tuna Tuna Melt	Beef Lazy Lasagna	Pork Pork Souvlaki	Beef, Black & White Beans Beef Chilli	Chicken, Chicken Broth Creamy Tomato Soup
Diary	2% & 3% Milk Served Cheese	2% & 3% Milk Served	2% & 3% Milk Served	2% & 3% Milk Served	2% & 3% Milk Served
AFTERNOON SNACK					
Vegetables and Fruits	Fresh Oranges	Fresh Bananas	Fresh Pears	Fresh Banana	Fresh Orange
Grain/ Meat & Alternative	100% Whole Grain Crackers	100 % Whole Grain Pita	Carrot Muffins	100% Whole Grain Tortilla Wow Butter Banana Roll Up	100% Whole Grain Crackers
Dairy	Cheese	Creamy Taco Dip			Cheese
Milk and Alternative	Water served	Water served	Water served	Water served	Water served