

Sonshine Daycare summer 2023 Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK					
Grain	Waffles	100% Whole Grain Oats Dry Cereal Cheerio's or Shreddies	100% Whole Wheat English Muffins	100% Whole Grain Oats Dry Cereal Cheerio's or Shreddies	100% Whole Wheat Bagels
Fruit and Vegetables	Fresh Apples	Fresh Banana	Fresh Berries	Fresh Apples	Fresh Grapes
Milk and Alternative	2% & 3% Milk Cream Cheese, Wow Butter, Unsalted Butter	2% & 3% Milk	2% & 3% Milk Cream Cheese, Wow Butter, Unsalted Butter	2% & 3% Milk	2% & 3% Milk Cream Cheese, Wow Butter, Unsalted Butter
LUNCH					
Vegetables	Cooked California Mixed Veggies (Broccoli, Cauliflower, Carrot)	Garden Salad (Cooked Mixed Vegetables Infants)	Cooked Broccoli	Caesar Salad (Cooked Mixed Vegetables Infants)	Cooked Green Beans & Carrots
Fruit	Jar Unsweetened Apple Sauce	Can Pears in Juice, Drained, Diced	Can Fruit Cocktail in Juice, Drained	Melon	Berries and Yogurt
Grain Products	100% Whole Wheat Bread, Toasted	100% Whole Wheat English Muffins	Whole Wheat Pasta Whole Wheat Buns with Unsalted Butter	Whole Wheat Pasta Whole Wheat Bread with Unsalted Butter	Whole Wheat Wraps
Meat and Alternative	Breakfast Burrito with Vegetables Eggs	Tuna Melts White & Black Beans in Homemade Tomato Sauce	Chicken Greek Pasta Salad	Taco Mac & Cheese Beef	Chicken Salad Wraps with Lettuce
Milk and Alternative	2% & 3% Milk Served. Cheese, Unsalted Butter	2% & 3% Milk served. Ranch Dressing	2% & 3% Milk Served.	2% & 3% Milk Served. Caesar Dressing	2% & 3% Milk Served Mayo in Chicken Salad
AFTERNOON SNACK					
Vegetables and Fruits	Fresh Melon	Fresh Apples	Fresh Pears	Banana, Raw Cucumber Sticks	Fresh Apples
Dairy	Cheese	Cream Cheese			
Grain / Meat Alternative	Whole Wheat Crackers	Digestives	Banana Bread	WW Naan Spinach Dip	Wow Butter Oat Bars
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 2023 Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK					
Grain	Waffles	100% Whole Grain Oats Dry Cereal Cheerio's or Shreddies	100% Whole Wheat English Muffins	100% Whole Grain Oats Dry Cereal Cheerio's or Shreddies	100% Whole Wheat Bagels
Fruit and Vegetables	Fresh Apples	Fresh Berries	Fresh Banana	Fresh Pear	Fresh Banana
Milk and Alternative	2% & 3% Milk, Cream Cheese, Wow Butter, Unsalted Butter	2% & 3% Milk	2% & 3% Milk, Cream Cheese, Wow Butter, Unsalted Butter	2% & 3% Milk	2% & 3% Milk, Cream Cheese, Wow Butter, Unsalted Butter
LUNCH					
Vegetables	Cooked California Mixed Vegetables (Broccoli, Cauliflower, Carrot)	Cooked Mixed Vegetables Broccoli (In Bake)	Coleslaw (Cooked Mixed Vegetables Infants)	Cooked Mixed Vegetables Peas (In Casserole)	Caesar Salad (Cooked Mixed Vegetables Infant)
Fruit /Dessert	Jar Unsweetened Apple Sauce	Can Peaches & Mandarins in Juice, Drained	Can Pears in Juice, Drained, Diced	Yogurt & Berries	Fresh Melon
Grain Products	Whole Wheat Bread	Brown Rice	Whole Wheat Buns	Whole Wheat Pasta	Whole Wheat Bread
Lunch Meat and Alternative	Grilled Cheese and Black & White beans with Homemade Tomato Sauce	Chicken Broccoli Bake	Pulled Pork on Bun	Tuna Casserole with Peas	Egg Salad Sandwiches
Milk and alternative	2% & 3% Milk served. Cheese	2% & 3% Milk served. Cheese	2% & 3% Milk served. Coleslaw Dressing	2% & 3% Milk served.	2% & 3% Milk served. Mayo in Egg Salad Caesar Dressing
AFTERNOON SNACK					
Vegetables and Fruits	Fresh Banana	Fresh Grapes	Fresh Apples & Carrot Sticks	Fresh Melon	Fresh Apple Raw Cucumber Sticks
Dairy	Cheese	Cream Cheese	Ranch Dip		
Grain/Meat Alternative	Whole Wheat Crackers	Digestives	Whole Wheat Crackers	Whole Wheat Naan Hummus	Trail Mix (Shreddies, Cheerios, Chex)
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 2023 Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK					
Grain	Waffles	100% Whole Grain Oats Dry Cereal-Cheerio's or Shreddies	100% Whole Wheat English Muffins	100% Whole Grain Oats Dry Cereal Cheerio's or Shreddies	100% Whole Wheat Bagels
Fruit and Vegetables	Fresh Apples	Fresh Banana	Fresh Berries	Fresh Banana	Fresh Melon or Berries
Milk and Alternative	2% & 3% Milk, Cream Cheese, Wow butter, Unsalted Butter	2% & 3% Milk	2% & 3% Milk, Cream Cheese, Wow butter, Unsalted Butter	2% & 3% Milk	2% & 3% Milk, Cream Cheese, Wow Butter, Unsalted Butter
LUNCH					
Vegetables	Cooked California Veggies (Broccoli, Cauliflower, Carrot)	Roasted Potatoes Leek, Spinach (in Quiche)	Caesar Salad (Cooked Mixed Vegetables Infant)	Cooked Broccoli Salsa	Broccoli Salad (Tomato, Carrot, Pepper, Onion, Apple)
Fruit / Desert	Jar Unsweetened Apple Sauce	Can Peaches & Mandarins 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	Whole Wheat Wraps Brown Rice	Whole Wheat Bread
Meat and Alternative	Mini Cheese & BBQ Chicken, Tomato Pizzas	Mini Quiche with Leek & Spinach, Cheese	Chicken Alfredo	Beef & Bean Burritos White/Black Kidney Beans	Tuna Salad Sandwich
Lunch					
Diary	2% & 3% Milk served	2% & 3% Milk Served. Unsalted Butter Cheese	2% & 3% Milk served. Caesar Dressing	2% & 3% Milk Served Sour Cream, Cheese	2% & 3% Milk Served. Mayo in Tuna Salad
AFTERNOON SNACK					
Vegetables and Fruits	Fresh Grapes, Raw Pepper Sticks	Fresh Melon	Fresh Banana Fresh Carrots	Fresh Pears	Fresh Apples, Raw Cucumber Sticks
Grain/ Meat & Alternative	Whole Wheat Crackers	Whole Wheat Crackers	Whole Wheat Wrap	Zucchini Loaf	Wow Butter Oat Bars
Dairy		Cream Cheese	Cheese Dip		
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.