

Sonshine Day Care Summer Menu 2024

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK					
Grain	Waffles	Fruit Muffin	Granola	Bagel	Cereal
Fruit and Vegetables	Apples	Oranges	Blueberries	Banana	Melon
Milk and Alternative	Cream Cheese Butter Wow Butter, Milk	Milk	Yogurt, Milk	Milk	Milk
LUNCH					
Vegetables	Garlicky Lemon Kale and White Beans	Spinach Salad, Cooked Broccoli for Infants	Mushrooms, Carrots, Celery in sauce	Coleslaw Mix, Mixed Vegetables for Infants	Carrots and Broccoli, (Infants Steamed)
Fruit/Dessert	Canned Peaches	Melons	Canned Pears	Oranges	Apples
Grain Products	Whole Wheat Slice Bread	Whole Wheat Buns	Whole Wheat Spaghetti	Whole Wheat Tortilla	Whole Wheat Slice Bread
Meat and Alternative Lunch	Grilled Cheese	Pulled Pork	Lentil Bolognese	Fish Tacos	Egg Salad Sandwich
Dairy	Milk	Milk	Milk	Milk	Milk
AFTERNOON SNACK					
Vegetables and Fruits	Banana	Fresh Tomato Salsa	Carrot, Cucumber	Mixed Berries, (Blueberry, Strawberry, Blackberry, Raspberry)	Banana
Grain/Meat & Alternative	Whole Grain Trail Mix	Whole Wheat Tortilla Chips	Whole Wheat Roll Up	Digestive Cookies	Whole Wheat Fruit Loaf
Dairy			Garden Cream Cheese	Yogurt Smoothie	
Milk and Alternative	Water	Water	Water	Water	Water

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK					
Grain	Cereal	Overnight Oats	Toast	Pancake Muffins	Waffles
Fruit and Vegetables	Apples	Blueberries	Cucumbers	Berry Compote	Melons
Milk and Alternative	Milk	Milk	Cream Cheese Milk	Milk	Cream Cheese, Butter, Wow Butter, Milk
LUNCH					
Vegetables	Broccoli	Garden Salad (spring mix, carrot, tomato, cucumber), (Mixed Vegetables Infants)	Roasted Beans	Sweet Potato (Spinach and Leek in Quiche)	Roasted California Mix
Fruit/Dessert	Canned Peaches	Melons	Canned Fruit Cocktail	Canned Pear	Grapes
Grain Products	Brown Rice	Whole Wheat English Muffins	Whole Wheat Buns	Whole Wheat Slice Bread	Whole Wheat Tortilla
Meat and Alternative Lunch	Chicken Broccoli Bake	Tuna Melt	Meatloaf	Leek and Spinach Quiche	Chicken Salad Wraps
Dairy	Milk	Milk	Milk	Milk	Milk
AFTERNOON SNACK					
Vegetables and Fruits	Strawberry	Melon	Fresh Fruit Salsa	Watermelon	Banana
Grain/Meat & Alternative	Whole Wheat Roll Up Wrap	Whole Wheat Banana Bread	Whole Wheat Cinnamon Tortilla Chips	Whole Grain Crackers	Whole Wheat Oatmeal Cookies
Dairy	Cream Cheese			Spinach Dip	Cheese Cubes
Milk and Alternative	Water	Water	Water	Water	Water

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK					
Grain	Waffles	Granola	English Muffins	Fruit Muffin	Cereal
Fruit and Vegetables	Apples	Strawberries	Melons	Apples	Banana
Milk and Alternative	Cream Cheese, Butter, Wow Butter, Milk	Yogurt, Milk	Cream Cheese, Cinnamon Butter, Milk	Milk	Milk
LUNCH					
Vegetables	Tomato Cucumber Romaine Salad, (Mixed Vegetables Infants)	Cucumber, Tomato, and Peppers	Carrots, Cabbage	Mix Vegetables	Garden Salad (spring mix, carrot, tomato, cucumber), (Mixed Vegetables Infants)
Fruit/Dessert	Canned Peaches	Apple Sauce	Grapes	Canned Fruit Cocktail	Oranges
Grain Products	Whole Wheat Buns	Whole Wheat Pasta	Brown Rice	Whole Wheat Slice Bread	Whole Wheat Slice Bread
Meat and Alternative Lunch	Tex Mex Sloppy Joes	Chicken Greek Pasta	Egg Foo Young with Brown rice pilaf	Cottage Pie	Tuna Salad Sandwich
Dairy	Milk	Milk	Milk	Milk	Milk
AFTERNOON SNACK					
Vegetables and Fruits	Carrot, Cucumber	Banana	Oranges	Fresh Seasonal Fruit Salad	Apple and Pear
Grain/Meat & Alternative	White Bean Dip with Whole Wheat Crackers	Whole Wheat Oatmeal Bars	Spiced Roasted Chickpeas	Whole Grain Cereal	Granola Clusters
Dairy		Cheese Cubes			Vanilla Yogurt Dip
Milk and Alternative	Water	Water	Water	Water	Water

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK					
Grain	Cereal	Strawberry Oat Bar	English Muffin	Granola	Waffles
Fruit and Vegetables	Apples	Oranges	Berries	Pineapple	Banana
Milk and Alternative	Milk	Milk	Cream Cheese, Sweet Potato butter, Milk	Cottage Cheese, Milk	Cream Cheese, Butter, Wow Butter, Milk
LUNCH					
Vegetables	Carrots, Zucchini	Greek Salad, (California Mix Infants)	Garlic Parmesan Broccoli	California Mix, (Spinach in Egg Bake)	Spinach, Mushroom, Diced Vegetables
Fruit/Dessert	Canned Peaches	Banana	Canned Pear	Oranges	Cantaloupe
Grain Products	Brown Rice	Whole Wheat Pita	Brown Rice, Whole Wheat Tortilla	Whole Wheat Slice Bread	Whole Wheat Pasta
Meat and Alternative Lunch	Lemon and Herb Bake Fish with Rice Pilaf	Pork Souvlaki	Beef Bean Burrito	Spanakopita Egg Bake	Beef Pasta Sauce
Dairy	Milk	Milk	Milk	Milk	Milk
AFTERNOON SNACK					
Vegetables and Fruits	Apples	Cucumber, Pepper	Banana	Apples	Fresh Berries, (blueberry, Strawberry, Blackberry, Raspberry)
Grain/Meat & Alternative	Whole Grain Crackers	Whole Grain Crackers	Wow Butter Roll Up	Whole Wheat Carrot Muffin	Granola
Dairy	Cheese	Ranch Dip		Sweet Cream Cheese Spread	Frozen Yogurt Bark
Milk and Alternative	Water	Water	Water	Water	Water