

Sonshine Day Care Winter Menu 2024

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK					
Grain	English Muffin	Cereal	Granola	Bagel	Whole Wheat Waffles
Fruit and Vegetables	Apples	Banana	Blueberries	Pears	Banana
Milk and Alternative	Cream Cheese, Butter, Wow Butter, Milk	Milk	Yogurt, Milk	Cream Cheese, Butter, Wow Butter, Milk	Cream Cheese, Butter, Wow Butter, Milk
LUNCH					
Vegetables	Peas and Carrots	Green Beans (Carrots, Onion, Celery and Peppers)	Mix Vegetables	Mix Vegetables	Roasted California Mix (Broccoli, Carrot, Cauliflower)
Fruit/Dessert	Apple Sauce	Oranges	Grapes	Apples	Canned Peaches
Grain Products	Brown Rice	Tomato Parsley Rice	Whole Wheat Bread	Whole Wheat Bread	Brown Rice
Meat and Alternative Lunch	Butter Chicken	Bean Quesadillas	Broccoli Egg Bake	Chicken Pot Pie Soup	Tuna Nuggets
Dairy	Milk	Milk	Milk	Milk	Milk
AFTERNOON SNACK					
Vegetables and Fruits	Oranges	Cucumber	Apples	Oranges	Apples
Grain/Meat & Alternative	Whole Wheat Crackes	Naan	Trail Mix	Zucchini Loaf	Digestives
Dairy	Cheese	Warm Spinach Dip			
Milk and Alternative	Water	Water	Water	Water	Water

Sonshine Day Care Winter Menu 2024

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK					
Grain	Whole Wheat Waffles	English Muffins	Granola	Bagels	Overnight Oats
Fruit and Vegetables	Apples	Banana	Strawberries	Cherry Tomato and Cucumber	Blueberries and Banana
Milk and Alternative	Cream Cheese, Butter, Wow Butter, Milk	Jam, Wow Butter, Milk	Milk, Yogurt	Garden Cream Cheese, Milk	Milk
LUNCH					
Vegetables	Broccoli in soup	Roasted Carrots	Butternut Squash in pasta, Broccoli	Potatoes (Spinach in the egg)s	Caesar Salad
Fruit/Dessert	Canned Peaches	Apple Sauce	Oranges	Fruit Salad	Apples
Grain Products	Whole Wheat Bread	Lemon Spinach Brown Rice	Whole Wheat Macaroni	Whole Wheat Toast	Whole Wheat Bread
Meat and Alternative Lunch	Cream of Broccoli Soup and Chicken Salad Sandwiches	Herbed Basa	Mac n' Cheese with White Beans	Eggs and Baked Beans	Lasagna
Dairy	Milk	Milk	Milk	Milk	Milk
MORNING SNACK					
Vegetables and Fruits	Pears	Carrots	Apples	Strawberries and Banana in Smoothie	Oranges
Grain/Meat & Alternative	Whole Wheat Crackes	Naan	Trail Mix	Digestives	Pumpkin Loaf
Dairy	Cheese	Cheddar Ranch Dip		Smoothies	
Milk and Alternative	Water	Water	Water	Water	Water

Sonshine Day Care Summer Menu 2024

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK					
Grain	Bagels	Granola	Whole Wheat Waffles	Cereal	English Muffins
Fruit and Vegetables	Apples	Blueberries	Banana	Pear	Oranges
Milk and Alternative	Cream Cheese, Butter, Wow Butter, Milk	Yogurt, Milk	Cream Cheese, Butter, Wow Butter, Milk	Milk	Milk
MIDDAY MEAL					
Vegetables	Spinach and Red Peppers	California Mix Tomato and Spinach	Broccoli (Carrot, Celery, Peppers and Onion in Tuna)	Caesar Salad (Spinach in sauce)	Mix Vegetable in soup (Carrot, Celery, Onion, Peppers, Corn, Peas, and Beans)
Fruit/Dessert	Canned Peaches	Pears	Apples	Apple Sauce	Grapes
Grain Products	Brown Rice	Whole Wheat Bread	Whole Wheat English Muffin	Whole Wheat Macaroni	Bagel, Bun, or Bread
Meat and Alternative Lunch	Tofu Curry with Coconut Milk	Tomato Spinach Egg Cups	Tuna Melt	Chicken Rose Sauce	Beef Barley Soup
Dairy	Milk	Milk	Milk	Milk	Milk
AFTERNOON SNACK					
Vegetables and Fruits	Cucumbers	Banana	Apples	Strawberries and Peaches	Pears
Grain/Meat & Alternative	Naan	Wow Butter and Tortilla Wrap	Whole Wheat Crackers	Digestives	Banana Bread
Dairy	Veggie Cream Cheese		Cheese	Cream Cheese	
Milk and Alternative	Water	Water	Water	Water	Water

Sunshine Day Care Winter Menu 2024

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SNACK					
Grain	Waffles	Cereal	English Muffin	Granola	Bagels
Fruit and Vegetables	Apples	Bananas	Apples	Bananas	Oranges
Milk and Alternative	Cream Cheese, Butter, Wow Butter, Milk	Milk	Cinnamon Butter, Milk	Yogurt, Milk	Cream Cheese, Butter, Wow Butter, Milk
LUNCH					
Vegetables	Carrots, Green Peppers, Celery, Onion, Corn and Mushroom	Broccoli	Peas & Carrots	Mashed Potato and Green Beans	Spinach and Peppers in Frittata
Fruit/Dessert	Canned Peaches	Oranges	Grapes	Apple Sauce	Canned Pears
Grain Products	Garlic Toast	Brown Rice	Rotini	Whole Wheat Bread	Whole Wheat Bread
Meat and Alternative Lunch	Veggie Chili with Beans	Beef Meat Balls	Parm and Parsley Fish	Pork Tenderloin	Egg Frittata with Tomato White Bean Sauce
Dairy	Milk	Milk	Milk	Milk	Milk
AFTERNOON SNACK					
Vegetables and Fruits	Pears	Apples	Carrots & Peppers	Banana	Marinara Carrots
Grain/Meat & Alternative	Whole Grain Crackers	Whole Wheat Crackers	Trail Mix	Naan and Wow Butter	Naan
Dairy	Cheese	Taco Dip			
Milk and Alternative	Water	Water	Water	Water	Water