

**Sonshine Day Care Summer Menu 2026**

<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>MORNING SNACK</b>					
<b>Grain</b>	Whole Grain Cereal	Granola	Whole Wheat Pancakes	Oatmeal	Carrot-Apple Oat Muffins
<b>Fruit and Vegetables</b>	Apples	Strawberries	Apple Sauce	Blueberries	Bananas
<b>Dairy and Alternative</b>	Milk	Milk, Yogurt	Milk, Cinnamon Butter	Milk	Milk
<b>LUNCH</b>					
<b>Vegetables</b>	Spinach, Onion, Celery, Peppers, Carrots	California Mix, Peppers	Tomatoes, Cucumber, Spinach	Spinach & Basil in Tomato Sauce	Romaine, Tomato, Cucumber, Corn, Carrot
<b>Fruit/Dessert</b>	Pears	Apple Sauce	Can Peaches	Melon	Apples
<b>Grain</b>	Whole Wheat Wrap	Whole Wheat Pasta	Brown Rice, Whole Wheat Naan	Whole Wheat Bread	Brown Rice
<b>Meat and Alternative Lunch</b>	Lentil Soup with Veggie Cream Cheese Pinwheels	Pork Stir-Fry	Yogurt Chicken with Tomato/Cucumber Salad	Scrambled Eggs & Beans in Tomato Sauce	Beef & Black Bean Taco Salad
<b>Dairy and Alternative</b>	Milk	Milk	Milk	Milk	Milk, Sour Cream, Cheese
<b>AFTERNOON SNACK</b>					
<b>Fruit and Vegetables</b>	Apples	Carrots, Cucumbers	Fruit Salsa	Apples	Bananas
<b>Grain/Meat &amp; Alternative</b>	Whole Wheat Crackers	Whole Wheat Crackers	Whole Wheat Cinnamon Wraps	Whole Wheat Banana Bread	Wow Butter, Whole Wheat Wraps
<b>Dairy and Alternative</b>	Cheese	Taco Dip			
	Water	Water	Water	Water	Water

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<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>MORNING SNACK</b>					
<b>Grain</b>	Whole Wheat Waffles	Whole Wheat Bagels	Whole Grain Cereal	Whole Wheat Pumpkin, Apple Sauce Muffins	Granola
<b>Fruit and Vegetables</b>	Apples	Melon	Bananas	Apples	Blueberries
<b>Dairy and Alternative</b>	Milk, Cream Cheese, Butter, Wow Butter	Milk	Milk	Milk, Cream Cheese, Butter,	Milk, Yogurt
<b>LUNCH</b>					
<b>Vegetables</b>	Carrot, Onion, Celery, Peppers, Corn, Tomatoes	Rosted Green Beans and Grape Tomatoes	Broccoli, Peppers, Cucumber, Tomato	California Mix	Broccoli and Carrot Salad
<b>Fruit/Dessert</b>	Apples	Apples	Watermelon	Can Peaches	Grapes
<b>Grain</b>	Whole Wheat Toast	Whole English Muffins	Whole Wheat Pasta	Brown Rice	Whole Wheat Buns
<b>Meat and Alternative Lunch</b>	Veggie Black Bean Chili	Tuna Melts	Greek Chicken and White Bean Pasta Salad	Sesame Tofu Stir Fry	Pulled Pork
<b>Dairy</b>	Milk, Sour Cream, Cheese	Milk	Milk, Feta	Milk	Milk
<b>AFTERNOON SNACK</b>					
<b>Fruit and Vegetables</b>	Carrots and Cucumbers	Strawberries	Mixed Berries	Carrots and Broccoli	Oranges, Apple Sauce
<b>Grain/Meat &amp; Alternative</b>	Whole Wheat Crackers	Whole Wheat French Toast Sticks	Whole Grain Cereal	White Bean Dip, Whole Wheat Crackers	Oatmeal, Apple Sauce Cookie
<b>Dairy and Alternative</b>	Cheese	Cinnamon Cream Cheese	Fruit Smoothie, Yogurt and Milk		
	Water	Water	Water	Water	Water

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<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>MORNING SNACK</b>					
<b>Grain</b>	Whole Wheat English Muffins	Whole Grain Cereal	Granola	Whole Wheat Blueberry Oat Bar	Whole Wheat Bagels
<b>Fruit and Vegetables</b>	Apples	Bananas	Strawberries	Cantaloupe	Banana
<b>Dairy and Alternative</b>	Milk, Cream Cheese Butter Wow Butter	Milk	Milk, Yogurt	Milk	Milk, Cream Cheese, Butter, Wow Butter
<b>LUNCH</b>					
<b>Vegetables</b>	Mixed Vegetables, Carrot, Onion, Peppers, Tomato	Mashed Potatoes, Roasted Broccoli and Carrots	Mixed Vegetables	Cucumber, Carrot and Tomato Salad, Peppers and Broccoli on Pizza	Southwest Coleslaw, Carrot, Corn, Peppers, Celery, Onion
<b>Fruit/Dessert</b>	Canned Pears	Apple Sauce	Grapes	Can Peaches	Fruit Cocktail
<b>Grain</b>	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Pasta	Whole Wheat Naan	Whole Wheat Wrap
<b>Meat and Alternative Lunch</b>	Garden Tomato Soup and Egg Salad Sandwich	Meat Loaf	Tuna Pasta Salad	BBQ Chicken Pizza	Black Bean Burritos
<b>Dairy</b>	Milk	Milk	Milk	Milk	Milk
<b>AFTERNOON SNACK</b>					
<b>Fruit and Vegetables</b>	Carrots & Cucumbers	Mixed Berries, Apples	Watermelon	Carrots, Peppers, Spinach	Strawberry Compote, Apples
<b>Grain/Meat &amp; Alternative</b>	Whole Wheat Crackers		Trail Mix	Whole Wheat Crackers	Banana Pancakes
<b>Dairy and Alternative</b>	Cheese	Berry Cottage Cheese Bites		Warm Spinach Dip	
	Water	Water	Water	Water	Water

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<b>Week 4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>MORNING SNACK</b>					
<b>Grain</b>	Whole Wheat Toast	Whole Wheat Blueberry, Apple Sauce Muffins	Granola	Whole Wheat English Muffins	Oatmeal
<b>Fruit and Vegetables</b>	Apples	Watermelon	Banana	Cantaloupe	Blueberries
<b>Dairy and Alternative</b>	Milk, Cream Cheese, Butter, Wow Butter	Milk	Milk, Yogurt	Milk, Cream Cheese, Butter, Wow Butter	Milk
<b>LUNCH</b>					
<b>Vegetables</b>	Roasted Broccoli	Cabbage, Peppers, Tomato, Celery and Onion	Roasted California Mix, Romane in Wraps	Broccoli, Potatoes, Celery, Onion, Carrots	Coleslaw with Kale, Carrots, Peppers, Celery, Onions
<b>Fruit/Dessert</b>	Canned Peaches	Bananas	Canned Pears	Apple Sauce	Apples
<b>Grain</b>	Whole Wheat Bread	Brown Rice, Whole Wheat Wraps	Whole Wheat Wraps	Whole Wheat Bread	Brown Rice
<b>Meat and Alternative Lunch</b>	Tex Mex Beef & Black Beans Sloppy Joes	Pork Tacos with Pico de Gio	Chicken Ceasar Wraps	Loaded White Bean, Broccoli Potato Soup	Crispy BBQ Tofu
<b>Dairy</b>	Milk	Milk, Sour Cream, Cheese	Milk	Milk	Milk
<b>AFTERNOON SNACK</b>					
<b>Fruit and Vegetables</b>	Cucumbers, Carrots	Mixed Berries	Bananas	Grapes	Apples
<b>Grain/Meat &amp; Alternative</b>	Whole Wheat Crackers	Whole Grain Cereal	Whole Wheat Apple Sauce Loaf	Pizza Muffins	Garden Veggie Pinwheels
<b>Dairy and Alternative</b>	Cheese	Berry Smoothie, Milk, Yogurt			Cream Cheese
	Water	Water	Water	Water	Water