

Sunshine Kids, Inc.
Menu Week #1

Ages 3-5 Years

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Milk	3/4 cup Milk	3/4 cup Milk	3/4 cup Milk	3/4 cup Milk	3/4 cup Milk
Bread/Alternative	1/3 cup cold cereal	1 Poptart	1/3 cup cold cereal	1 Toast w/ Cin & Sugar	1 Pancake w/ Syrup
Juice/Fruit	1/2 cup Pears	1/2 cup Peaches	1/2 Cup Oranges	1/2 cup Pears	1/2 cup Peaches

Lunch

Milk	3/4 cup Milk	3/4 cup Milk	3/4 cup Milk	3/4 cup Milk	3/4 cup Milk
Bread/Alternative	1/2 cup Spaghetti	1/4 cup Mac & Cheese	1 hotdog bun/ Bread	Pizza Crust	2 Slices Bread
Fruit	1/4 cup peaches	1/4 cup pears	1/4 cup fruit cocktail	1/4 cup peaches	1/4 cup oranges
Vegetable	1/4 cup tomato sauce	1/4 cup corn	8 french fries	1/4 cup carrots	1/4 cup green beans
Meat/Alternative	4 Meatballs	4 pieces of fish	1 hotdog	1 slice pizza	3 slices of cheese

AM Snack

Milk/Juice	1/2 cup Juice	1/2 cup milk	1/2 cup Juice	1/2 cup milk	1/2 cup Juice
Bread/Alternative	4 Saltines	4 Ritz w/ peanut butter	4 club crackers	5 animal crackers	7 tortilla chips & ranch

PM Snack

Milk/Juice	1/2 cup milk	1/2 cup Juice	1/2 cup milk	1/2 cup Juice	1/2 cup milk
Bread/Alternative	4 Vanilla wafers	4 club crackers	1/3 cup pretzels	4 Ritz w/ peanut butter	3 Sand Cookies

**Sunshine Kids, Inc.
Menu Week #2**

Ages 3-5 Years

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Milk	3/4 cup Milk	3/4 cup Milk	3/4 cup Milk	3/4 cup Milk	3/4 cup Milk
Bread/Alternative	1 Waffle w/ Syrup	1/3 cup cold cereal	1 toast w/ jelly	1 Poptart	1/3 cup cold cereal
Juice/Fruit	1/2 cup fruit cocktail	1/2 Cup Oranges	1/2 cup Pears	1/2 cup Pineapples	1/2 cup Pears

Lunch

Milk	3/4 cup Milk	3/4 cup Milk	3/4 cup Milk	3/4 cup Milk	3/4 cup Milk
Bread/Alternative		4 ritz crackers	2 Slices Bread	Pizza Crust	1 1/2 hotdog buns
Fruit	1/4 cup peaches	1/4 cup Pineapples	1/4 cup oranges	1/4 cup pears	1/4 cup Pineapples
Vegetable	8 french fries	8 hash browns	1/4 cup corn	1/4 cup green beans	1/4 cup baked beans
Meat/Alternative	4 chicken nuggets	1 scrambled egg	1 slice Bologna-cheese	1 slice pizza	1 hotdog

AM Snack

Milk/Juice	1/2 cup Juice	1/2 cup Milk	1/2 cup Juice	1/2 cup Milk	1/2 cup Juice
Bread/Alternative	1/3 cup pretzels	1/2 cup applesauce	1/3 cup corn chips	3 Sand Cookies	1/3 cup chex mix

PM Snack

Milk/Juice	1/2 cup Milk	1/2 cup Juice	1/2 cup Milk	1/2 cup Juice	1/2 cup Milk
Bread/Alternative	7 Tortilla chips w/ ranch	5 animal crackers	1/3 cup pretzels	4 club crackers	1/3 cup corn chips

**Sunshine Kids, Inc.
Menu Week #3**

Ages 3-5 Years

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Milk	3/4 cup Milk	3/4 cup Milk	3/4 cup Milk	3/4 cup Milk	3/4 cup Milk
Bread/Alternative	1 Poptart	1/3 cup cold cereal	1 Waffle w/ Syrup	1 toast w/ Cin & sugar	1 pancake w/ syrup
Juice/Fruit	1/2 cup fruit cocktail	1/2 Cup Oranges	1/2 cup fruit cocktail	1/2 cup applesauce	1/2 cup Peaches

Lunch

Milk	3/4 cup Milk	3/4 cup Milk	3/4 cup Milk	3/4 cup Milk	3/4 cup Milk
Bread/Alternative	2 slices of Bread	1/4 cup Mac & cheese	4 Saltines	Pizza Crust	1/2 cup Spaghetti
Fruit	1/4 cup pineapples	1/4 cup Pears	1/4 cup applesauce	1/4 cup pineapples	1/4 cup Oranges
Vegetable	8 french fries	1/4 cup corn	8 hash browns	1/4 cup green beans	1/4 cup tomato sauce
Meat/Alternative	1 slice Bologna & cheese	4 chicken nuggets	1 scrambled egg	1 slice pizza	4 meatballs

AM Snack

Milk/Juice	1/2 cup Juice	1/2 cup Milk	1/2 cup Juice	1/2 cup Milk	1/2 cup Juice
Bread/Alternative	7 tortilla chips w/ranch	1/3 cup pretzels	2 large graham cracker	4 Club Crackers	1/2 cup applesauce

PM Snack

Milk/Juice	1/2 cup Milk	1/2 cup Juice	1/2 cup Milk	1/2 cup Juice	1/2 cup Milk
Bread/Alternative	2 large graham crackers	3 Sand cookies	1/3 cup cheese nips	1/3 cup pretzels	4 vanilla wafers

Sunshine Kids, Inc.
Menu Week #4

Ages 3-5 Years

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	3/4 cup Milk	3/4 cup Milk	3/4 cup Milk	3/4 cup Milk	3/4 cup Milk
Bread/Alternative	1 Toast w/ Cin & Sugar	1 Pancake w/ Syrup	1/3 cup cold cereal	1 Poptart	1/3 cup cold cereal
Juice/Fruit	1/2 cup fruit cocktail	1/2 cup Applesauce	1/2 cup fruit cocktail	1/2 cup Applesauce	1/2 cup Pineapples
Lunch					
Milk	3/4 cup Milk	3/4 cup Milk	3/4 cup Milk	3/4 cup Milk	3/4 cup Milk
Bread/Alternative		1/2 cup Spaghetti	2 Slices bread	Pizza Crust	1 hotdog bun
Fruit	1/4 cup applesauce	1/4 cup pineapples	1/4 cup oranges	1/4 cup pears	1/4 cup applesauce
Vegetable	8 french fries	1/4 cup tomato sauce	1/4 cup Green Beans	1/4 cup corn	1/4 cup Baked Beans
Meat/Alternative	4 fish sticks	4 Meatballs	3 Slices Cheese	1 slice cheese pizza	1 hotdog
AM Snack					
Milk/Juice	1/2 cup Milk	1/2 cup Juice	1/2 cup Milk	1/2 cup Juice	1/2 cup Milk
Bread/Alternative	4 Saltines	1/3 cup pretzels	1/3 cup applesauce	1/3 cup cheese nips	1/3 cup chex mix
PM Snack					
Milk/Juice	1/2 cup Juice	1/2 cup Milk	1/2 cup Juice	1/2 cup Milk	1/2 cup Juice
Bread/Alternative	1/3 cup cheese nips	4 Vanilla Wafers	1/3 cup chex mix	2 graham Crackers	5 animal crackers