### Sunshine 0-12 Months Breakfast Menu 2020

**MONDAY**

- 0.5 MONTHS
  - BREASTMILK/FORMULA 4-6 OZ
  - 6-11 MONTHS
- FORMULA/BREASTMILK 6-8 OZ
- PEACHES 0-2 TBSP
- RICE CEREAL 0-4 TBSP

**TUESDAY**

- 0.5 MONTHS
  - BREASTMILK/FORMULA 4-6 OZ
  - 6-11 MONTHS
- FORMULA/BREASTMILK 6-8 OZ
- BANANA 0-2 TBSP
- RICE CEREAL 0-4 TBSP

**WEDNESDAY**

- 0.5 MONTHS
  - BREASTMILK/FORMULA 4-6 OZ
  - 6-11 MONTHS
- FORMULA/BREASTMILK 6-8 OZ
- APPLESAUCE 0-2 TBSP
- RICE CEREAL 0-4 TBSP

**THURSDAY**

- 0.5 MONTHS
  - BREASTMILK/FORMULA 4-6 OZ
  - 6-11 MONTHS
- FORMULA/BREASTMILK 6-8 OZ
- PEARS 0-2 TBSP
- RICE CEREAL 0-4 TBSP

**FRIDAY**

- 0.5 MONTHS
  - BREASTMILK/FORMULA 4-6 OZ
  - 6-11 MONTHS
- FORMULA/BREASTMILK 6-8 OZ
- PEACHES 0-2 TBSP
- RICE CEREAL 0-4 TBSP

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**Non-Discrimination:**

All children are treated the same regardless of ability to pay. In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, religion, national origin, age, or handicap. If you believe you have been discriminated against, write immediately to the USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

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**WG - Whole Grain**

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- My Plate is based on the current dietary guidelines released by the government, which encourages Americans to eat more fruits, vegetables, whole grains, and fewer processed foods. It is a reminder to find your healthy eating style and build it throughout your lifetime.

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