

School Breakfast  
ready SET GO!

read  
play  
learn  
run  
dream



take time for  
**school**  
BREAKFAST



## Sunshine 1-5 YRS Breakfast Menu 2019



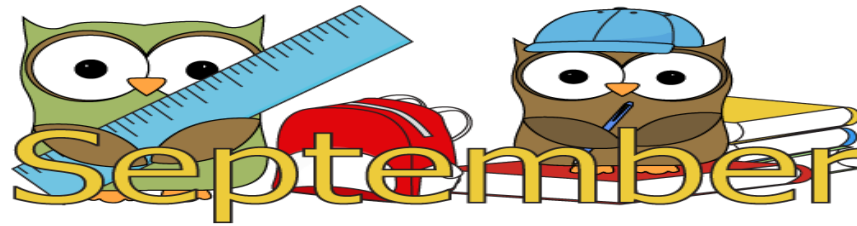
My Plate is based on the current dietary guidelines released by the government, which encourages Americans to eat more fruits, vegetables, whole grains, and fewer processed foods. It is a reminder to find your healthy eating style and build it throughout your lifetime.

**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 Adjudications, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410




WG - Whole Grain

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 CHEESY SCRAMBLED EGGS WG TOAST PEACHES MILK	4 WG MAPLE PANCAKES BANANA MILK	5 WG BISCUITS & GRAVY STRAWBERRIES MILK	6 WG BLUEBERRY MUFFIN YOGURT PINEAPPLE TIDBITS MILK
9 WG EGG TAC-GO APPLESAUCE MILK	10 WG APPLE CINN OATMEAL BLUEBERRIES MILK	11 WG CHEERIOS WG TOAST BANANA MILK	12 CHEESY SCRAMBLED EGGS WG MINI BISCUIT ORANGE WEDGES MILK	13 WG BLUEBERRY BASH WAFFLES PEARS MILK
16 WG TRKY SAU BREAKFAST PIZZA PEACHES MILK	17 CHEESY SCRAMBLED EGGS WG TOAST KIWI WEDGES MILK	18 WG MINI MAPLE PANCAKES BANANA MILK	19 WG MINI BISCUITS & GRAVY STRAWBERRIES MILK	20 WG BLUEBERRY MUFFIN YOGURT PINEAPPLE TIDBITS MILK
23 WG EGG TAC-GO APPLESAUCE MILK	24 WG APPLE CINN OATMEAL PEARS MILK	25 CHEESY SCRAMBLED EGGS WG MINI BISCUIT BANANA MILK	26 WG BLUEBERRY BASH WAFFLES ORANGE WEDGES MILK	27 <i>NO SCHOOL</i>
30 WG TRKY SAU BREAKFAST PIZZA KIWI WEDGES MILK				



# Sunshine 1-5 YRS Lunch Menu 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p> <p>WG FIESTADA PIZZA GREEN BEANS STRAWBERRIES &amp; BLUEBERRIES MILK</p>	<p>4</p> <p>WG SPAGHETTI W/ ZESTY MEATSAUCE MIXED GREENS SALAD ITALIAN DRESSING ORANGE WEDGES MILK</p>	<p>5</p> <p>WG CHICKEN NUGGETS MASHED POTATOES &amp; GRAVY STEAMED BROCCOLI PEACHES MILK</p>	<p>6</p> <p>CHEESEBURGER ON WG BUN LETTUCE/TOMATO/PICKLE BAKED FRIES COOKED CARROTS ROSY APPLESAUCE MILK</p>
<p>9</p> <p>WG HOT HAM &amp; CHEESE SANDWICH GREEN BEANS STRAWBERRY FRUIT MEDLEY MILK</p>	<p>10</p> <p>WG BEEF ENCHILADAS WG MEXICAN-STYLE RICE COOKED CORN BANANA SALSA MILK</p>	<p>11</p> <p>WG CHICKEN SANDWICH SWEET POTATO TRAX MIXED SALAD GREENS ITALIAN DRESSING PEARS MILK</p>	<p>12</p> <p>SLICED MEATLOAF AU GRATIN POTATOES WG HOT ROLL COOKED CARROTS PEACHES MILK</p>	<p>13</p> <p>WG TANGERINE CHICKEN WG STEAMED RICE COOKED PEAS HOT SPICED APPLES MILK</p>
<p>16</p> <p>WG CHICKEN NUGGETS MAC N CHEESE MIXED VEGETABLES ROSY APPLESAUCE MILK</p>	<p>17</p> <p>WG CHEESE PIZZA GREEN BEANS PEARS MILK</p>	<p>18</p> <p>CHICKEN &amp; WG NOODLES WG MINI BISCUIT MIXED GREENS SALAD ITALIAN DRESSING PEACHES MILK</p>	<p>19</p> <p>BEEF FINGERS MASHED POTATOES COUNTRY GRAVY STEAMED BROCCOLI 100% JUICE STRAW/POM FZN CUP MILK</p>	<p>20</p> <p>SLOPPY JOE ON WG BUN BAKED TATER TOTS COOKED CARROTS STRAWBERRIES &amp; BLUEBERRIES MILK</p>
<p>23</p> <p>WG GRILLED CHEESE GREEN BEANS STRAWBERRY FRUIT MEDLEY MILK</p>	<p>24</p> <p>WG SOFT SHELLED TACO SALSA REFRIED BEANS COOKED CORN BANANA MILK</p>	<p>25</p> <p>WG BEEFY MAC &amp; CHEESE MIXED GREENS SALAD RANCH DRESSING PEARS MILK</p>	<p>26</p> <p>CHICKEN PATTY MASH POTATOES &amp; GRAVY WG HOT ROLL STEAMED BROCCOLI PEACHES MILK</p>	<p>27</p> <p><i>NO SCHOOL</i></p>
<p>30</p> <p>WG FISH BITES WG MAC &amp; CHEESE MIXED VEGETABLES PEARS MILK</p>				

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# SEPTEMBER

## Sunshine 1-5 YRS Snack Menu 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 1-5 YEAR APPLESAUCE CUP MILK	4 1-5 YEAR ORANGE WEDGES MILK	5 1-5 YEAR WG BLUEBERRY LEMON CRISPY BITES MILK	6 1-5 YEAR STRING CHEESE WG CRACKERS 100% APPLE JUICE
9 1-5 YEAR WG ORIGINAL GRAHAMS MILK	10 1-5 YEAR ASSORTED YOGURT 100% APPLE JUICE	11 1-5 YEAR WG APPLE CINNAMON MUFFIN MILK	12 1-5 YEAR WG GOLDFISH CRACKERS MILK	13 1-5 YEAR BANANA MILK
16 1-5 YEAR STRING CHEESE WG CRACKERS 100% APPLE JUICE	17 1-5 YEAR ORANGE WEDGES MILK	18 1-5 YEAR WG CHEEZ-IT CRACKERS MILK	19 1-5 YEAR WG BLUEBERRY LEMON CRISPY BITES MILK	20 1-5 YEAR APPLESAUCE CUP MILK
23 1-5 YEAR WG ORIGINAL GRAHAMS MILK	24 1-5 YEAR WG GOLDFISH CRACKERS MILK	25 1-5 YEAR WG BLUEBERRY MUFFIN MILK	26 1-5 YEAR ASSORTED YOGURT 100% APPLE JUICE	27 NO SCHOOL
30 1-5 YEAR WG CRISPY CHEDDAR CRACKERS MILK				

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