



read
play
learn
run
dream

FEBRUARY

Sunshine 1-5 YRS Breakfast Menu 2020




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:
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WG - Whole Grain


Monday	Tuesday	Wednesday	Thursday	Friday
3 WG TRKY SAU BREAKFAST PIZZA KIWI WEDGES MILK	4 CHEESY SCRAMBLED EGGS WG TOAST PEACHES MILK	5 WG MINI MAPLE PANCAKES BANANA MILK	6 WG MINI BISCUITS & GRAVY STRAWBERRIES MILK	7 WG BLUEBERRY MUFFIN YOGURT PINEAPPLE TIDBITS MILK
10 WG EGG TAC-GO APPLESAUCE MILK	11 WG APPLE CINN OATMEAL BLUEBERRIES MILK	12 WG CHEERIOS WG TOAST BANANA MILK	13 CHEESY SCRAMBLED EGGS WG MINI BISCUIT ORANGE WEDGES MILK	14 WG STRAWBERRY PANCAKES PEARS MILK
17 	18 CHEESY SCRAMBLED EGGS WG TOAST KIWI WEDGES MILK	19 WG MINI MAPLE PANCAKES BANANA MILK	20 WG MINI BISCUITS & GRAVY STRAWBERRIES MILK	21 WG BLUEBERRY MUFFIN YOGURT PINEAPPLE TIDBITS MILK
24 WG EGG TAC-GO APPLESAUCE MILK	25 WG APPLE CINN OATMEAL PEARS MILK	26 CHEESY SCRAMBLED EGGS WG MINI BISCUIT BANANA MILK	27 WG STRAWBERRY PANCAKES ORANGE WEDGES MILK	28 WG CHEERIOS WG TOAST BLUEBERRIES MILK

take time for
**school
BREAKFAST**



February

Sunshine 1-5 YRS Lunch Menu 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>WG FISH BITES MAC N CHEESE MIXED VEGETABLES PEARS MILK</p>	<p>4</p> <p>WG FIESTADA PIZZA GREEN BEANS STRAWBERRIES & BLUEBERRIES MILK</p>	<p>5</p> <p>WG CHICKEN SANDWICH SWEET POTATO TRAX MIXED SALAD GREENS ITALIAN DRESSING STRAWBERRY FRUIT MEDLEY MILK</p>	<p>6</p> <p>SLICED MEATLOAF AU GRATIN POTATOES WG HOT ROLL STEAMED BROCCOLI PEACHES MILK</p>	<p>7</p> <p>CHEESEBURGER ON WG BUN BAKED FRIES LETTUCE/TOMATO/PICKLE COOKED CARROTS ROSY APPLESAUCE MILK</p>
<p>10</p> <p>WG HOT HAM & CHEESE PANINI GREEN BEANS PEARS MILK</p>	<p>11</p> <p>WG BEEF ENCHILADAS WG MEXICAN-STYLE RICE COOKED CORN BANANA SALSA MILK</p>	<p>12</p> <p>WG SPAGHETTI W/ ZESTY MEATSAUCE MIXED SALAD GREENS ITALIAN DRESSING ORANGE WEDGES MILK</p>	<p>13</p> <p>WG VALENTINE CHICKEN NUGGETS MASHED POTATOES & GRAVY GREEN BEANS PEACHES MILK</p>	<p>14</p> <p>CHILI, WG CRACKERS, WG CORNBREAD MUFFIN STEAMED BROCCOLI HOLIDAY SIDEKICK 100% FRZ JUICE CUP MILK</p>
<p>17</p> <p> Presidents' Day</p>	<p>18</p> <p>WG CHEESE PIZZA GREEN BEANS PEARS MILK</p>	<p>19</p> <p>CHICKEN & WG NOODLES WG MINI BISCUIT MIXED GREENS SALAD ITALIAN DRESSING PEACHES MILK</p>	<p>20</p> <p>BEEF FINGERS MASHED POTATOES & GRAVY STEAMED BROCCOLI MILK *STRAW/POM FRZN JUICE CUP</p>	<p>21</p> <p>SLOPPY JOE ON WG BUN BAKED TATER TOTS COOKED CARROTS STRAWBERRIES & BLUEBERRIES MILK</p>
<p>24</p> <p>WG GRILLED CHEESE GREEN BEANS STRAWBERRY FRUIT MEDLEY MILK</p>	<p>25</p> <p>WG SOFT SHELLED TACO SALSA REFRIED BEANS COOKED CORN BANANA MILK</p>	<p>26</p> <p>WG BEEFY MAC & CHEESE MIXED GREENS SALAD RANCH DRESSING PEARS MILK</p>	<p>27</p> <p>CHICKEN PATTY MASHED POTATOES & GRAVY WG HOT ROLL STEAMED BROCCOLI PEACHES MILK</p>	<p>28</p> <p>WG TANGERINE CHICKEN WG STEAMED RICE COOKED PEAS HOT SPICED APPLES MILK</p>

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FEBRUARY

Sunshine 1-5 YRS Snack Menu 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 1-5 YEAR WG CRISPY CHEDDAR CRACKERS MILK	4 1-5 YEAR APPLESAUCE CUP MILK	5 1-5 YEAR WG BLUEBERRY LEMON CRISPY BITES MILK	6 1-5 YEAR ORANGE WEDGES MILK	7 1-5 YEAR STRING CHEESE WG CRACKERS 100% APPLE JUICE
10 1-5 YEAR WG ORIGINAL GRAHAMS MILK	11 1-5 YEAR ASSORTED YOGURT 100% APPLE JUICE	12 1-5 YEAR WG APPLE CINNAMON MUFFIN MILK	13 1-5 YEAR WG GOLDFISH CRACKERS MILK	14 1-5 YEAR BANANA MILK
17 	18 1-5 YEAR ORANGE WEDGES MILK	19 1-5 YEAR WG CHEEZ-IT CRACKERS MILK	20 1-5 YEAR WG BLUEBERRY LEMON CRISPY BITES MILK	21 1-5 YEAR APPLESAUCE CUP MILK
24 1-5 YEAR WG ORIGINAL GRAHAMS MILK	25 1-5 YEAR WG GOLDFISH CRACKERS MILK	26 1-5 YEAR WG BLUEBERRY MUFFIN MILK	27 1-5 YEAR ASSORTED YOGURT 100% APPLE JUICE	28 1-5 YEAR BANANA MILK

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