



read
play
learn
run
dream

January

take time for
**school
BREAKFAST**



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:
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
		1 	2	3
6 WG TRKY SAU BREAKFAST PIZZA KIWI WEDGES MILK	7 CHEESY SCRAMBLED EGGS WG TOAST PEACHES MILK	8 WG MINI MAPLE PANCAKES BANANA MILK	9 WG MINI BISCUITS & GRAVY STRAWBERRIES MILK	10 WG BLUEBERRY MUFFIN YOGURT PINEAPPLE TIDBITS MILK
13 WG EGG TAC-GO APPLESAUCE MILK	14 WG APPLE CINN OATMEAL BLUEBERRIES MILK	15 WG CHEERIOS WG TOAST BANANA MILK	16 CHEESY SCRAMBLED EGGS WG MINI BISCUIT ORANGE WEDGES MILK	17 WG STRAWBERRY PANCAKES PEARS MILK
20 	21 CHEESY SCRAMBLED EGGS WG TOAST KIWI WEDGES MILK	22 WG MINI MAPLE PANCAKES BANANA MILK	23 WG MINI BISCUITS & GRAVY STRAWBERRIES MILK	24 WG BLUEBERRY MUFFIN YOGURT PINEAPPLE TIDBITS MILK
27 WG EGG TAC-GO APPLESAUCE MILK	28 WG APPLE CINN OATMEAL PEARS MILK	29 CHEESY SCRAMBLED EGGS WG MINI BISCUIT BANANA MILK	30 WG STRAWBERRY PANCAKES ORANGE WEDGES MILK	31 WG CHEERIOS WG TOAST BLUEBERRIES MILK

January

Sunshine 1-5 YRS Lunch Menu 2020

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2	3
6 WG FISH BITES WG MAC & CHEESE MIXED VEGETABLES PEARS MILK	7 WG FIESTADA PIZZA GREEN BEANS STRAWBERRIES & BLUEBERRIES MILK	8 WG SPAGHETTI W/ ZESTY MEATSAUCE MIXED SALAD GREENS ITALIAN DRESSING ORANGE WEDGES MILK	9 WG CHICKEN NUGGETS MASHED POTATOES & GRAVY STEAMED BROCCOLI PEACHES MILK	10 CHEESEBURGER ON WG BUN BAKED FRIES LETTUCE/TOMATO/PICKLE COOKED CARROTS ROSY APPLESAUCE MILK
13 WG HOT HAM & CHEESE PANINI GREEN BEANS PEARS MILK	14 WG BEEF ENCHILADAS WG MEXICAN-STYLE RICE COOKED CORN BANANA SALSA MILK	15 WG CHICKEN SANDWICH SWEET POTATO TRAX MIXED SALAD GREENS ITALIAN DRESSING STRAWBERRY FRUIT MEDLEY MILK	16 SLICED MEATLOAF AU GRATIN POTATOES WG HOT ROLL COOKED CARROTS APPLESAUCE MILK	17 CHILI, WG CRACKERS, WG CORNBREAD MUFFIN STEAMED BROCCOLI PEACHES MILK
20 Martin Luther King Day 	21 WG CHEESE PIZZA GREEN BEANS PEARS MILK	22 CHICKEN & WG NOODLES WG MINI BISCUIT MIXED GREENS SALAD ITALIAN DRESSING PEACHES MILK	23 BEEF FINGERS MASHED POTATOES & GRAVY STEAMED BROCCOLI STRAW/POM FRZ JUICE CUP MILK	24 SLOPPY JOE ON WG BUN BAKED TATER TOTS COOKED CARROTS STRAWBERRIES & BLUEBERRIES MILK
27 WG GRILLED CHEESE GREEN BEANS STRAWBERRY FRUIT MEDLEY MILK	28 WG SOFT SHELLED TACO SALSA REFRIED BEANS COOKED CORN BANANA MILK	29 WG BEEFY MAC & CHEESE MIXED GREENS SALAD RANCH DRESSING PEARS MILK	30 CHICKEN PATTY MASHED POTATOES & GRAVY WG HOT ROLL STEAMED BROCCOLI PEACHES MILK	31 WG TANGERINE CHICKEN WG STEAMED RICE COOKED PEAS HOT SPICED APPLES MILK

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January

Sunshine 1-5 YRS Snack Menu 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2	3
6 1-5 YEAR WG CRISPY CHEDDAR CRACKERS MILK	7 1-5 YEAR APPLESAUCE CUP MILK	8 1-5 YEAR WG BLUEBERRY LEMON CRISPY BITES MILK	9 1-5 YEAR ORANGE WEDGES MILK	10 1-5 YEAR STRING CHEESE WG CRACKERS 100% APPLE JUICE
13 1-5 YEAR WG ORIGINAL GRAHAMS MILK	14 1-5 YEAR ASSORTED YOGURT 100% APPLE JUICE	15 1-5 YEAR WG APPLE CINNAMON MUFFIN MILK	16 1-5 YEAR WG GOLDFISH CRACKERS MILK	17 1-5 YEAR BANANA MILK
20 	21 1-5 YEAR ORANGE WEDGES MILK	22 1-5 YEAR WG CHEEZ-IT CRACKERS MILK	23 1-5 YEAR WG BLUEBERRY LEMON CRISPY BITES MILK	24 1-5 YEAR APPLESAUCE CUP MILK
27 1-5 YEAR WG ORIGINAL GRAHAMS MILK	28 1-5 YEAR WG GOLDFISH CRACKERS MILK	29 1-5 YEAR WG BLUEBERRY MUFFIN MILK	30 1-5 YEAR ASSORTED YOGURT 100% APPLE JUICE	31 1-5 YEAR BANANA MILK

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