



MARCH

Sunshine 0-12 Months 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.

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WG - Whole Grain

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>2</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ PEACHES 0-2 TSP RICE CEREAL 0-4 TBSP</p>	<p>3</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ BANANA 0-2 TSP RICE CEREAL 0-4 TBSP</p>	<p>4</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ APPLESAUCE 0-2 TSP RICE CEREAL 0-4 TBSP</p>	<p>5</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ PEARS 0-2 TSP RICE CEREAL 0-4 TBSP</p>	<p>6</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ PEACHES 0-2 TSP RICE CEREAL 0-4 TBSP</p>	
<p>9</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ PEACHES 0-2 TSP RICE CEREAL 0-4 TBSP</p>	<p>10</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ BANANA 0-2 TSP RICE CEREAL 0-4 TBSP</p>	<p>11</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ APPLESAUCE 0-2 TSP RICE CEREAL 0-4 TBSP</p>	<p>12</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ PEARS 0-2 TSP RICE CEREAL 0-4 TBSP</p>	<p>13</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ PEACHES 0-2 TSP RICE CEREAL 0-4 TBSP</p>	
<p>16</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ PEACHES 0-2 TSP RICE CEREAL 0-4 TBSP</p>	<p>17</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ BANANA 0-2 TSP RICE CEREAL 0-4 TBSP</p>	<p>18</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ APPLESAUCE 0-2 TSP RICE CEREAL 0-4 TBSP</p>	<p>19</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ PEARS 0-2 TSP RICE CEREAL 0-4 TBSP</p>	<p>20</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ PEACHES 0-2 TSP RICE CEREAL 0-4 TBSP</p>	
<p>23</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ PEACHES 0-2 TSP RICE CEREAL 0-4 TBSP</p>	<p>24</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ BANANA 0-2 TSP RICE CEREAL 0-4 TBSP</p>	<p>25</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ APPLESAUCE 0-2 TSP RICE CEREAL 0-4 TBSP</p>	<p>26</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ PEARS 0-2 TSP RICE CEREAL 0-4 TBSP</p>	<p>27</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ PEACHES 0-2 TSP RICE CEREAL 0-4 TBSP</p>	
<p>30</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ PEACHES 0-2 TSP RICE CEREAL 0-4 TBSP</p>	<p>31</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> FORMULA/BREASTMILK 6-8 OZ BANANA 0-2 TSP RICE CEREAL 0-4 TBSP</p>				<p>School Breakfast ready SET GO!</p>

read
play
learn
run
dream



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Sunshine 0-12 Months Lunch Menu 2020

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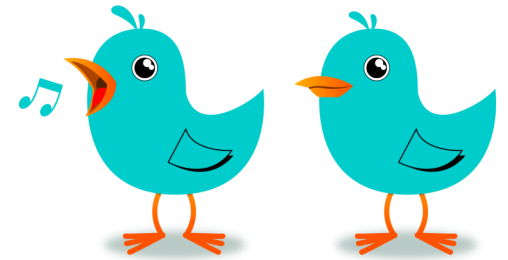
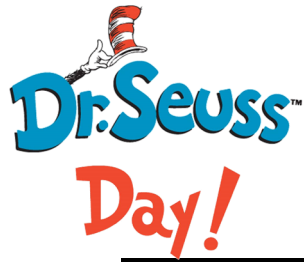


WG - Whole Grain

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<p>2</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 6-8 OZ BABY FOOD: RICE CEREAL 0-4 TBSP COOKED CARROTS/PEARS 0-2 TBSP OR WHEN READY: PINTO BEANS 0-4 TBSP COOKED CARROTS/PEARS 0-2 OZ</p>	<p>3</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 6-8 OZ BABY FOOD: RICE CEREAL 0-4 TBSP SQUASH/PEACHES 0-2 TBSP OR WHEN READY: COTTAGE CHEESE 0-4 TBSP STEAMED BROCCOLI/PEACHES 0-2 OZ</p>	<p>4</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 6-8 OZ BABY FOOD: RICE CEREAL 0-4 TBSP SWEET POTATOES/BANANAS 0-2 TBSP OR WHEN READY: DICED CHICKEN 0-4 TBSP SWEET POTATOES/BANANA 0-2 OZ</p>	<p>5</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 6-8 OZ BABY FOOD: RICE CEREAL 0-4 TBSP COOKED PEAS/PEACHES 0-2 TBSP OR WHEN READY: CHEDDAR CHEESE 2 OZ COOKED PEAS/PEACHES 0-2 OZ</p>	<p>6</p> <p><u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 6-8 OZ BABY FOOD: RICE CEREAL 0-4 TBSP GREEN BEANS/APPLESAUCE 0-2 TBSP OR WHEN READY: BEEF PATTY 4 TBSP GREEN BEANS/APPLESAUCE 0-2 OZ</p>
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<p>9 <u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 2-4 OZ BABY FOOD: RICE CEREAL 0-4 TBSP BANANA 0-2 OZ OR WHEN READY: BANANA 0-2 OZ WG TOAST</p>	<p>10 <u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 2-4 OZ BABY FOOD: RICE CEREAL 0-4 TBSP PEARS 0-2 OZ OR WHEN READY: PEARS 0-2 OZ WG SALTINE CRACKERS</p>	<p>11 <u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 2-4 OZ BABY FOOD: RICE CEREAL 0-4 TBSP PEACHES 0-2 OZ OR WHEN READY: PEACHES 0-2 OZ WG CHEERIOS</p>	<p>12 <u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 2-4 OZ BABY FOOD: RICE CEREAL 0-4 TBSP APPLESAUCE 0-2 OZ OR WHEN READY: APPLESAUCE 0-2 OZ WG TOAST</p>	<p>13 <u>0-5 MONTHS</u> BREASTMILK/FORMULA 4-6 OZ <u>6-11 MONTHS</u> BREASTMILK/FORMULA 2-4 OZ BABY FOOD: RICE CEREAL 0-4 TBSP PEARS 0-2 OZ OR WHEN READY: PEARS 0-2 OZ WG SALTINE CRACKERS</p>	
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