

Sun Bright Child Care Menu

Week beginning 2/22/2021

Meal Pattern	Date: 2/22	Date:2/23	Date: 2/24	Date: 2/25	Date: 2/26
Breakfast: (3 items)	Milk	Milk, Yogurt	Milk	Yogurt	Milk
Whole/1% Milk	Pear	Apple	Mandarin	Apple Sauce	Peaches
Juice/Fruit/Veg	Cinnamon Toast Cereal	Rice	Cheerios		Chex Rice
Bread/Cereal		Scrambled Eggs W Cheese		Hard Boiled Egg	
Other					
Lunch or Dinner: (5)	Milk	Milk	Milk	Milk	Yogurt
Whole/1% Milk	Cheese/Egg sandwich with mayo	Cheese	Turkey Pepperoni Pizza	Baked Beans W/ Turkey Hotdogs	Sunflower jellyW/ Strawberry Preserves
Meat/Meat Alt	String Beans	Celery Stick w Ranch Dressing	Carrots	Celery Sticks w Ranch Dressing	Cucumber Slices w Ranch Dressing
Veg	Apples	Peaches	Peaches	Apples	Applesauce
Veg or Fruit	WG Bread	Tortilla	Tortilla	WW Bread	WW Bread
Bread/Pasta					
PM Snack: * (2 items)	Milk	Milk	Yogurt	Sliced Cheese	Milk
Whole/1% Milk					
Meat/Meat Alt		Bean & Veggie Snacks			
Juice/Fruit/Veg					
Bread/Cereal	Gold Fish	Bean & Veggie Snacks	Gram Crackers	Saline	Pretzels

*Snack only.... Items *must be* from two (2) different 'food component' groups. In addition, if Milk is selected for one snack component – no Fruit/Veg. juice is allowed.

Break Fast : 3 components: Milk, Fruit or Vegetable and Grain

Lunch : 5 components: Milk, Meat /Meat Alt, Vegetable, Fruit, Grain

Snack: 2 Components of 5 Milk or Water(must), Fruit or Vegetable or grain or Meat/Meat Alt

Milk: Whole Milk (Half Cup or 4 oz) for 1 or 2 years old; 1% (3/4 cup or 6 oz) for 3-5 and School Age (1 cup or 8 oz)

WG=Whole Grain

CN=Child Nutrition Label