

Sun Bright Child Care Menu

Week beginning 3/15/2021

Meal Pattern	Date: 3/15	Date:3/16	Date: 3/17	Date: 3/18	Date: 3/19
Breakfast: (3 items) Whole/1% Milk	Milk	Milk, Yogurt	Milk	Yogurt	Milk
Juice/Fruit/Veg	Apples	Oranges	Peaches	Bananas	Apples
Bread/Cereal	Cinnamon Toast Cereal	Oatmeal	Oatmeal		Chex Rice
Other				Hard Boiled Egg	
Lunch or Dinner: (5) Whole/1% Milk	Milk	Milk	Milk	Milk	Milk/Yogurt
Meat/Meat Alt	Chickpeas W/ Cheesy Rice	Cheese/Egg sandwich with mayo	Open Face Cheese	Beef Baloney w/ Cheese	Sunflower jellyW/ Strawberry Preserves
Veg	Carrots	Broccoli W/ ranch Dressing	Carrots W Ranch Dressing	Celery Sticks w Ranch Dressing	Cauliflower w Ranch Dressing
Veg or Fruit	Apples	Oranges	Bananas	Oranges	Applesauce
Bread/Pasta	WW Bread	WW Bread	WW Bread	WW Bread	WW Bread
PM Snack: * (2 items) Whole/1% Milk	Milk	Milk	Yogurt	Sliced Cheese	Milk
Meat/Meat Alt					
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