

Milk is served with lunch

Lunch Menu May 2024

SonShine
LEARNING CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
29 Egg Bake with Sausage Carrots Plums Muffins	30 Hamburger on a Bun Cucumbers and Tomatoes Oranges	1 Pizza Broccoli Pears	2 Lasagna Vegetables Bananas	3 Cheese Tortellini Green Beans Melon
6 Pizza Cucumbers and Tomatoes Oranges	7 Lemon Chicken Tenders Parsley Potatoes Corn Pears Roll	8 Pasta and Meat Sauce Green Beans Bananas	9 Black Bean Enchiladas Broccoli Melon	10 Tuna Salad Sandwich Vegetable Salad Mixed Fruit
13 Pizza Broccoli Oranges	14 Pork Roast Corn Rosemary Potatoes Pears Roll	15 Jambalaya Cucumbers and Tomatoes Pineapple	16 Rice and Pork Casserole Green Beans Pineapple, Oranges and Banana	17 Egg Salad Sandwich Broccoli Salad Apples
20 Pizza Carrots Berries	21 Canadian Bacon Green Beans Bananas Roll	22 Pasta and Meat Sauce Peas Pineapple	23 Ham Sandwich Cucumbers Pineapple Roll	24 Chicken Pasta Salad Mixed Vegetables Pears
27 CLOSED FOR MEMORIAL DAY	28 Hamburgers Green Beans Watermelon	29 Mac and Cheese Corn on the Cob Apples Roll	30 Tator Tot Casserole Cucumbers Pineapple Roll	31 Turkey Sandwich Vegetable Salad Fruit Salad

Breakfast consists of unflavored whole milk for children one year old, unflavored low-fat or fat-free milk for children older than two years old; a fruit; and one of the following whole grain cereals: Cherrios, Rice Chex, Corn Chex, Wheat Chex.

Afternoon snack consists of one grain, protein, or dairy product and one fruit or vegetable.

Note: non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs. All hotdish and casserole dishes include rice or noodles. A protein like beans, veggie burgers, or tofu will be served in place of meat as needed for those who do not eat meat.

Fresh Fruit - May vary depending on the time of year. This will consist of any of the following: Apples, Oranges, Pears, Nectarines, Bananas, Blueberries, Strawberries, Black or Red Berries and Melons.