

Milk is served with lunch

**Lunch Menu
September 2025**

SonShine
LEARNING CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED	2 Pizza Cucumbers Oranges	3 Chicken Chili Fruit Roll	4 Beef Stew Apples Roll	5 Black Bean Enchiladas Melon and Pineapple
8 Pizza Broccoli Oranges	9 Beef Tacos Lettuce, Tomatoes and Cheese Berries	10 Spaghetti and Meat Sauce Green Beans Pineapple	11 Pork Roast Potatoes Apples Roll	12 Vegetable Pork Stir Fry Rice Plums
15 Pizza Vegetable Fresh Fruit	16 Chicken Alfredo Vegetable Fresh Fruit	17 Lasagna Vegetable Fresh Fruit	18 Ham Pasta Corn Apples	19 Mac and Cheese Vegetable Fresh Fruit
22 Pizza Vegetable Fresh Fruit	23 Chicken Tacos Lettuce, Tomatoes and Cheese Fresh Fruit	24 Chicken and Rice Casserole Vegetable Fresh Fruit	25 Hamburgers Vegetable Fresh Fruit	26 Tator Tot Hotdish Bread Fresh Fruit
29 Pizza Vegetable Fresh Fruit	30 Lemon Chicken Pasta Vegetable Fresh Fruit	1 Spaghetti and Meat Sauce Vegetable Fresh Fruit	2 Chicken Enchiladas Vegetable Fresh Fruit	3 Turkey Sandwich Vegetable Fresh Fruit

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.