

Milk is served with lunch

## Lunch Menu September 2025

**SonShine**  
LEARNING CENTER

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