

Milk is served with lunch

Lunch Menu
December 2025

SonShine
LEARNING CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pizza Carrots Oranges	2 Chicken and Rice Casserole Mixed Vegetables Berries	3 Lasagna Mixed Vegetables Pineapple	4 Hamburger on a Bun Cucumbers Bananas	5 Soup Cheese Sandwich Mixed Fruit
8 Pizza Broccoli Bananas	9 Red Chili Quesadillas Apples	10 Meatballs Potatoes Corn Oranges	11 Chicken Alfredo Green Beans Berries	12 Chicken Soup Tuna Sandwiches Peas Mixed Fruit
15 Pizza Carrots Oranges	16 Beef Tacos Lettuce, Tomatoes and Cheese Apples	17 Ravioli Broccoli Berries	18 Black Bean and Cheese Enchiladas Pears	19 Soup Turkey Sandwiches Mixed Vegetables Mixed Fruit
22 CLOSED	23 CLOSED	24 CLOSED	25 CLOSED	26 CLOSED
29 Pizza Carrots Oranges	30 Chicken Pasta Green Beans Bananas	31 Hamburger on a Bun Broccoli Pineapple		

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.