

Milk is served with lunch

Lunch Menu July 2026

SonShine
LEARNING CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
6 Pizza Carrots Peaches	7 Chicken Legs Boiled Potatoes Peppers Apples Bread	8 Lasagne Broccoli Pears Bread	9 Chicken Kabobs Rice Watermelon	10 Turkey Sandwich Broccoli Salad Oranges
13 Pizza Carrots Oranges	14 Pasta with Alfredo Sauce and Chicken Berries	15 Hamburgers Corn Watermelon	16 Beef Tacos Lettuce Tomatoes Bananas	17 Ham Sandwich Pears Mixed Vegetables
20 Pizza Carrots Oranges	21 Pork Roast Mashed Potatoes Apples Roll	22 Enchiladas Black Bean Salad Pears	23 Pork Stir Fry Rice Apples	24 Egg Salad Sandwich Mixed Vegetables Melon
27 Pizza Carrots Oranges	28 Chicken Tacos Lettuce Tomatoes Melon	29 Brisket Baked Potato Green Beans Pears Bread	30 Chicken Pasta Salad Watermelon	31 Tuna Salad Sandwich Cucumbers 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.