

Milk is served with lunch

Lunch Menu August 2026

SonShine
LEARNING CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pizza Cucumbers Apple Slices	4 Beef Tacos Lettuce and Tomatoes Orange Slices	5 Baked Chicken Roasted Potatoes Green Beans Bananas Roll	6 Spaghetti and Meatballs Corn Berries	7 Ham Sandwich with Cheddar Cheese Fresh Broccoli Watermelon
10 Pizza Fresh Broccoli Apple Slices	11 Enchiladas Black Beans Melon	12 Chicken Parmesan and Pasta Green Beans Peaches	13 Pork Roast Sweet Corn Apple Slices Roll	14 Pulled Pork Sandwich Pasta Vegetable Salad Melons
17 Pizza Cucumbers Apple Slices	18 Lasagna Mixed Vegetables Apple Slices Muffins	19 Turkey Sandwich with Cheese Cucumbers Oranges	20 Jambalaya with Brown Rice Peppers Peaches Corn Bread	21 Pasta and Red Sauce Mixed Fresh Vegetables Apple Slices
24 Pizza Fresh Broccoli Apple Slices	25 Hamburgers Sliced Tomatoes and Cucumbers Sliced Pears	26 Chicken Drumsticks Brown Rice Sweet Corn Sliced Plums	27 Spaghetti and Meatsauce Green Beans Mixed Fruit	28 Sloppy Joes on a Bun Vegetable Mixed 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.