



October



SONSHINE GARDENS DAYCARE & PRESCHOOL SNACK & LUNCH MENU

Meal	Monday- Oct 14	Tuesday – Oct 15	Wednesday – Oct 16	Thursday – Oct 17	Friday – Oct 18
AM Snack 	Cereal Banana Milk	Yogurt Granola Milk	Oatmeal Sliced Oranges Milk	Toaster Pastries Peaches Milk	Fruit Bar Apple Sauce Milk
Lunch 	Chicken Nuggets Corn Sliced Apples Water	Pancakes and Sausage Berries Water	Turkey & Cheese Wraps Veggie Chips Pineapple Water	Mac n' Cheese w/ Hot Dogs Green Beans Pears Water	Pizza Cucumbers Fruit Water 
PM Snack 	Gold Fishes Cheese Slices Water	Animal Crackers Raisins Water	Wheat Thins Fruit Snacks Water	Graham Crackers Bananas Water	Chex's Mix Cuties Water

Breakfast is not included.

Please let us know if your child has any special nutritional needs or allergies to any food items and we will work together to create a menu that meets your child's needs. Our dietician will prepare a new menu each week.