

# **SEPTEMBER / OCTOBER**

## **SONSHINE GARDENS DAYCARE & PRESCHOOL** **SNACK & LUNCH MENU**

Meal	Monday – Sept 29	Tuesday – Sept 30	Wednesday – Oct 1	Thursday – Oct 2	Friday – Oct 3
<b>AM SNACK</b> 	Cereal Bananas Milk	Fruit Bar Strawberries Milk	Applesauce/Granola Sliced Oranges Milk	Bagels Peaches Milk	Yogurt Pears Milk
<b>LUNCH</b> 	Chicken Patties Cooked Carrots Grapes Water	Fish Sticks Tator-Tots Sliced Apples Water	Ham & Cheese Sandwiches Chips Pineapples Water	Mac n' Cheese Green Beans Mandarin oranges Water	Pizza Sliced Cucumber Fruit Water 
<b>PM SNACK</b> 	Pretzels Cuties Water	Vanilla Wafers Bananas Water	Animal Crackers Fruit Snacks Water	Graham Crackers Yogurt Covered Raisin Water	Cheese –it String Cheese 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.