



## SONSHINE GARDENS DAYCARE & PRESCHOOL SNACK & LUNCH MENU

| Meal                                                                                            | Monday – Oct 20                                   | Tuesday – Oct 21                                       | Wednesday – Oct 22                                                | Thursday – Oct 23                                            | Friday – Oct 24                                                                                                                                                          |
|-------------------------------------------------------------------------------------------------|---------------------------------------------------|--------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| AM Snack<br>   | English Muffin<br>Peaches<br>Milk                 | Cereal<br>Bananas<br>Milk                              | Oatmeal<br>Oranges<br>Milk                                        | Yogurt<br>Granola<br>Milk                                    | Bagels w/Cream Cheese<br>Sliced Apples<br>Milk<br><br><i>Axel on 25<sup>th</sup>!</i> |
| Lunch<br>     | Chicken Patties<br>Green Beans<br>Grapes<br>Water | Cheese Quesadilla<br>Broccoli<br>Apple Slices<br>Water | Turkey/Cheese<br>Sandwiches<br>Doritos<br>Fruit Cocktail<br>Water | Spaghetti & Meatballs<br>Green Beans<br>Mixed Fruit<br>Water | Pizza<br>Fruit<br>Carrot Sticks<br>Water<br>                                         |
| PM Snack<br> | Ritz Crackers<br>Cuties<br>Water                  | Gold Fishes<br>Raisins<br>Water                        | Graham Crackers<br>Fruit Snacks<br>Water                          | Cookies<br>Capri Suns<br>Water                               | Wheat thins<br>String Cheese<br>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.