



OCTOBER

SONSHINE GARDENS DAYCARE & PRESCHOOL

SNACK & LUNCH MENU

Meal	Monday – Oct 5	Tuesday – Oct 6	Wednesday – Oct 7	Thursday – Oct 8	Friday – Oct 9
AM Snack 	Cereal Banana Milk	English Muffin Mandarin Oranges Milk	Applesauce Granola Milk	Oatmeal Peaches Milk	Yogurt / Granola Pears Milk 
LUNCH 	Cheese/Ham Quesadillas Broccoli Grapes Water	Chicken Noodle Soup Sliced Apples Saltine Crackers Water	Turkey/Cheese Sandwiches Cheetos Pears Water	Spaghetti & Meatballs Green Beans Mandarin Oranges Water	Pizza Zucchini Fruit Water 
PM Snack 	Cuties Ritz Crackers Water	Vanilla Wafers Bananas Water	Graham Crackers Fruit Snacks Water	Chex's Mix Yogurt Covered Raisins Water	Wheat Thins 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.