

SUNNY DAYS CHILDCARE MONTHLY MENU PLAN

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Goldfish Crackers Apple Slices Bottled Water	Cheese Cubes Pineapple Rings Bottled Water	Graham Crackers Apple Juice	Pretzel Sticks Yogurt Bottled Water	Rice Cakes Watermelon Balls Bottled Water
Lunch	Pizza Slices Steamed Carrots Mixed Fruit Milk	Weiner Wraps Mixed Vegetables Orange Wedges Milk	Chicken Nuggets Corn Pear Slices Wheat Bread & Butter Milk	Ham & Cheese Stacks Broccoli Trees & Dip Apple Slices Ritz Crackers Milk	Grilled Cheese Squares Green Beans Strawberries Milk
PM Snack	Rice Cakes Pear cubes Bottled Water	Cinnamon Graham Crackers Yogurt Bottled Water	String Cheese Rounds Peach Slices Bottled Water	Mini Bagels Banana Circles Bottled Water	Goldfish Crackers Mixed Fruit Bottled Water
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Pretzel Sticks Watermelon Balls Bottled Water	Goldfish Crackers Yogurt Bottled Water	Cheese Cubes Apple Slices Bottled Water	Graham Crackers Apple Juice	Rice Cakes Pineapple Rings Bottled Water
Lunch	Ground Beef Tacos Cantaloupe Milk	Fish Sticks Potato Wedges Cucumber Rounds Wheat Bread & Butter Milk	Homemade Mac & Cheese Broccoli Trees Applesauce Milk	PB&J Squares Cheese Rounds Carrot Sticks Strawberries Milk	Cheese Ravioli Mixed Vegetables Cantaloupe Wheat Bread & Butter Milk
PM Snack	String Cheese Rounds Mixed Fruit Bottled Water	Rice Cakes Bananas Bottled Water	Cinnamon Graham Crackers Peach Slices Bottled Water	Ritz Crackers Pear Cubes Bottled Water	Mini Bagels Applesauce Bottled Water

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Peanut Butter Apple Slices Bottled Water	Cheese Cubes Pineapple Rings Bottled Water	Graham Crackers Apple Juice	Pretzel Sticks Yogurt Bottled Water	Rice Cakes Watermelon Balls Bottled Water
Lunch	Pizza Slices Steamed Carrots Mixed Fruit Milk	Weiner Wraps Mixed Vegetables Orange Wedges Milk	Chicken Nuggets Corn Pear Slices Wheat Bread + Butter Milk	Turkey + Cheese Roll-Ups Cucumber Rounds Applesauce Ritz Crackers Milk	Grilled Cheese Squares Green Beans Strawberries Milk
PM Snack	Pretzel Sticks Pear cubes Bottled Water	Cinnamon Graham Crackers Yogurt Bottled Water	String Cheese Rounds Peach Slices Bottled Water	Mini Bagels Banana Circles Bottled Water	Goldfish Crackers Mixed Fruit Bottled Water
WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Pretzel Sticks Watermelon Balls Bottled Water	Goldfish Crackers Yogurt Bottled Water	Cheese Cubes Apple Slices Bottled Water	Graham Crackers Apple Juice	Rice Cakes Pineapple Rings Bottled Water
Lunch	Homemade Vegetable Soup Pear Slices Ritz Crackers Milk	Cheese Quesadillas Broccoli Trees Applesauce Milk	Tuna Fish Sandwiches Carrot Sticks Grapes Milk	Pizza Rounds Green Beans Mixed Fruit Milk	Ground Beef Tacos Cantaloupe Milk
PM Snack	String Cheese Rounds Mixed Fruit Bottled Water	Rice Cakes Banana Circles Bottled Water	Cinnamon Graham Crackers Peach Slices Bottled Water	Ritz Crackers Pear Cubes Bottled Water	Mini Bagels Applesauce Bottled Water

WEEK 5	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	String Cheese Rounds Mixed Fruit Bottled Water	Graham Crackers Apple Juice	Mini Bagels Applesauce Bottled Water	Goldfish Crackers Yogurt Bottled Water	Cheese Cubes Pineapple Rings Bottled Water
Lunch	Fish Sticks Potato Wedges Cucumber Rounds Wheat Bread + Butter Milk	PB+J Squares Cheese Cubes Carrot Sticks Strawberries Milk	Homemade Mac + Cheese Mixed Vegetables Pear Cubes Milk	Cheese Ravioli Broccoli Trees + Dip Applesauce Milk	Weiner Wraps Mixed Vegetables Cantaloupe Milk
PM Snack	Cinnamon Graham Crackers Peach Slices Bottled Water	Goldfish Crackers Strawberries Bottled Water	Rice Cakes Bananas Bottled Water	Petzel Sticks Mixed Fruit Bottled Water	Peanut Butter Apple Slices Bottled Water