

# Little Sunshines - Sample Menu

## Week 1

## Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
B	Bacon & Eggs	Rasin Bran	French Toast	Bagels &	Hot Cinamom
-	Toast w/Butter	Bananas	Sticks	Cream Cheese	Rolls
F	Oranges	Milk	Warm Apples	Canteloupe	Pears
A	Milk		Milk	Milk	Milk
S					
T					

	Monday	Tuesday	Wednesday	Thursday	Friday
B	Corn Muffins	Rice Crispies	Oatmeal w/	French Toast	Banana Bread
-	Pears	w/ Bananas	Cinamon	Sticks	Apples
F	Milk	Milk	Oranges	Pineapples	Milk
A			Milk	Milk	
S					
T					

L	Fish Sticks	Spaghetti w/	Egg Salad	Dinosaur	Pizza Bagels
U	Appls Sauce	Sauce/Sausage	on Bread	Chicken Bites	Broccoli
N	Peas	Salad w/Ranch	Peaches	Tater Tots	Apple Sauce
C	Rolls w/Butter	Tomatos	Tomato Soup	Corn	Milk
H	Milk	Garlic Bread	Milk	Pineapples	Milk
		Milk		Milk	

L	Meatloaf	Lasagna	Beef Stew	Beans & Franks	Peanut Butter
U	Mashed Potatos	Salad w/Ranch	w/ Vegetables	Fruit Cocktail	& Jelly
N	w/ Gravy	Peaches	Warm Apples	Rolls	Bananas
C	Greenbeans	Garlic Sticks	Rolls	Milk	Broccoli
H	Mixed Fruit	Milk	Milk		Milk
	Milk				

S	Jello w/	Animal Crackers	Celery	100% Fruit-	Fruit Salad
N	Strawberries	Juice	w/Ranch Dip	Popsicles	Milk
A	& Whipped-		Milk	Milk	
C	Cream				
K	Milk				

S	Graham	Fruit Salad	Orange-	Pizza Eggrolls	Yogurt w/
N	Crackers	Milk	Muffins	Juice	Fresh Berries
A	Juice		Juice		Milk
C					
K					

## Week 3

## Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
B	English Muffins	Egg Omelette	Bagels w/	Rasin Bran	Bacon
-	Fresh Fruit Mix	on Toast	Cinamon	Milk	Toast
F	Milk	Fresh Berries	Apple Sauce		Warm Apples
A		Milk	Milk		Milk
S					
T					

	Monday	Tuesday	Wednesday	Thursday	Friday
B	Sausage	Waffles	Blueberry	Hot Ham	Pancakes
-	Biscuits	Grapes	Muffins	w/Toast	Bananas
F	Pineapples	Milk	Peaches	Apple Sauce	Milk
A	Milk		Milk	Milk	
S					
T					

L	Tuna Fish on	Meat Ravioli	Grilled Cheese	Soft Tacos	Hot Turkey
U	Bread	Rolls w/Butter	on Bread	w/Meat	w/Stuffing
N	Peaches	Peas	Tomato Soup	Lettuce/Tomato	Creamed
C	Chicken Noodle	Fruit Cocktail	Pears	Cheese, Rice	Spinach
H	w/ Veg's Soup	Milk	Milk	Watermelon	Peaches
	Milk			Milk	Milk

L	Corn Dogs	Beef Taquitos	Hamburger	Bologna	Sloppy Joes
U	Corn	Beans	on Rolls	w/Cheese	on Rolls
N	Fruit Cocktail	Pears	w/Cheese	Sandwiches	Fruit Cocktails
C	Milk	Milk	Green Beans	Pineapples	Vegetable Soup
H			Oranges	Peas	Milk
			Milk	Milk	

S	Pretzels	Bagel Bites	Apple Muffins	Fig Newtons	Peanut Butter
N	Juice	Juice	Juice	Chocolate Milk	on Celery
A					w/Raisins
C					Juice
K					

S	Apples w/	Cheez-its	Nachos w/	Mozzarella	Carrots
N	Peanut Butter	Crackers	Chunky Salsa	Sticks w/	w/Ranch
A	Milk	Juice	Milk	Italian Sauce	Milk
C				Juice	
K					