



LITTLE SUNSHINE'S
PLAYHOUSE
& PRESCHOOL®

Menu (Sample)*

Monday	Tuesday	Wednesday	Thursday	Friday
B: Rice Krispies cereal and apple juice (peaches for babies) L: Chicken and rice, apricots, mashed potatoes and roll S: Oatmeal cookies and milk	B :Pancakes w/ fruit spread and pears L: Hamburger w/ bun, apple slices and broccoli with ranch S: Goldfish and grape juice	B: Multi-grain Cheerios and watermelon L: Baked chicken breast, roll, grapefruit and baby carrots S: Orange slices and milk	B: Wheat toast w/ butter and mandarin oranges L: Meatloaf, applesauce, squash and saltine crackers S: Cheez-Its and apple juice	B: Muffins and mixed fruit L: Spaghetti w/ meat sauce bananas, diced carrots and breadsticks S: Graham crackers and milk
B: Biscuits and gravy and fresh grapefruit L: Grilled chicken salad, apple slices and dinner roll S: Graham crackers and milk	B: Corn Flakes and orange juice (pears for babies) L: Turkey burger and bun, orange slices and green beans S: Soft pretzels w/ mar. sauce	B: English muffin w/ fruit spread L: Turkey sandwich on wheat bread, cucumbers and peaches S: Vanilla yogurt and apples	B: Multi-Grain Cheerios and honeydew L: Chicken teriyaki, brown rice, asparagus and applesauce S: Goldfish and grape juice	B: Nutrigrain bar and kiwi L: Soft Tacos w/ lettuce and cheese, orange slices and baby carrots w/ ranch S: Bagel and apple juice
B: Muffins and fresh grapefruit L: Fettuccine alfredo, orange slices, green beans and breadsticks S: Cheddar Chex Mix and milk	B: Oatmeal and bananas L: Spaghetti w/ ground turkey, broccoli and applesauce S: Vanilla wafers and apple juice	B: Cinnamon raisin bread and grapefruit L: Chicken and lettuce wraps, zucchini and cantaloupe S: String cheese and milk	B: Bagels and strawberries L: Pasta Bake w/ ground turkey, fresh honeydew and corn S: Cottage cheese, animal crackers and water	B: Light & Fit yogurt and pears L: Grilled cheese on wheat, green beans and peaches S: Apple slices and milk
B: Pancakes w/ jelly and peaches L: Ham Sandwich, mandarin oranges and peas S: Granola bar and milk	B: Biscuits and gravy and pears L: Broccoli and rice casserole w/ chicken, applesauce and cucumbers S: Cheez-Its and apple juice	B: Multi-Grain Cheerios and watermelon L: Baked chicken breast, roll, grapefruit and baby carrots S: Graham crackers and milk	B: Malt-O-Meal and pineapple L: Taco Salad w/ tortillas, cantaloupe and corn S: Orange slices and milk	B: Wheat toast w/ butter and apples L: Turkey burger and bun, green beans and bananas S: Oatmeal cookies and milk
B: Nutrigrain bar and mandarin oranges L: Chicken noodle soup w/ chicken, pears, carrots and breadsticks S: Apple slices and milk	B: French toast sticks and peaches L: Roast beef on wheat, broccoli w/ ranch and applesauce S: Cheese and crackers and water	B: English muffins and cantaloupe L: Turkey breast sandwich, orange slices and cucumbers S: Light & Fit yogurt, vanilla wafers and water	B: Bagels and pears L: Fettuccini alfredo, green beans and honeydew S: Pita bread, hummus and milk	B: Kix Cereal and orange juice (cantaloupe for babies) L: Chicken and rice stir fry, watermelon and corn S: String cheese and milk

Unless otherwise noted, both breakfast and lunch are served with milk

* Due to some specific regional preferences and also because not all ingredients are available to us in every area we serve, there is some menu variance by school.