



Little Sunshines Academy -Winterville-

May Menu

Week of: 05/06/24 - 05/10/24

Non Infant

Breakfast

8:00 am - 9:00 am

Monday

Egg
English muffins-
WG(WG)
Peaches
Milk

Tuesday

Pancakes(WG)
Strawberries
Milk

Wednesday

Honey Kix-WG(WG)
Blueberries
Milk

Thursday

Muffin-WG(WG)
Mandarin Oranges
Milk

Friday

Waffles(WG)
Mixed Fruit
Milk

Non Infant

Lunch

11:15 am - 12:00 pm

Black Beans
Rice (wild or brown)-
WG(WG), Zucchini
Squash, Pineapple
Milk, Beans w/ Brown
rice,

Chicken
Tortilla-WG(WG)
Peas, Mangoes, Milk,
Chicken Fajitas

Beef & Cheese
Noodles/Pasta-
WG(WG)
Tossed Salad
Oranges, Milk,
Lasagna

Turkey Meatballs
buns/rolls/bread-
WG(WG)
Green Beans
Peaches, Milk, BBQ
Meatballs

Cheese
buns/rolls/bread-
WG(WG)
Potatoes,
Apples, Milk

Non Infant

P.M Snack

3:00 pm - 3:30 pm

String Cheese
Pretzels-WG(WG)

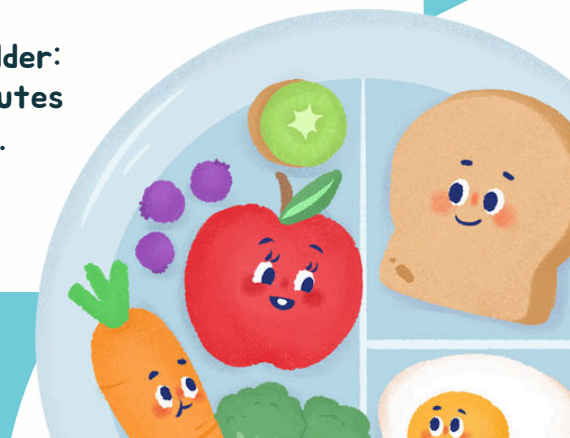
Yogurt
Teddy Grahams(WG)

Goldfish Crackers
Applesauce

Animal Crackers
Pineapple

Rice Cake(WG)
Cucumbers
-- Rice cakes,
Cucumber w/ ranch

**Milk: 1 year old: Unflavored whole Milk; 2-5 yr. old: unflavored skim or 1% low-fat Milk; 6 yrs. old and older: unflavored skim or 1% low-fat Milk; flavored 1%/skim/fat-free Milk; Regulations state that Milk substitutes are provided to participants with medical or special dietary needs, with appropriate documentation. Juice if served, is pasteurized full-strength (100%) Juice.





Little Sunshines Academy -Winterville- May Menu

Week of: 05/13/24 - 05/17/24

Non Infant

Breakfast

8:00 am - 9:00 am

Monday

French toast-
WG(WG)
Fruit Cocktail
Milk, National Fruit
Cocktail Day

Tuesday

Honey Bunches of
Oats-WG(WG)
Oranges, Milk,
National Buttermilk
Biscuit Day

Wednesday

Pancakes(WG)
Strawberries
Milk

Thursday

Turkey Sausage
buns/rolls/bread-
WG(WG)
Apples, Milk,
Buttered toast

Friday

Honey Bunches of
Oats-WG(WG)
Oranges
Milk

Non Infant

Lunch

11:15 am - 12:00 pm

Cheese
Noodles/Pasta-
WG(WG)
Green Beans
Grapes, Milk, Mac &
cheese

Chicken
Tortilla-WG(WG)
Corn, Apples, Milk

Turkey & Cheese
Pita-WG(WG)
Cucumbers
Watermelon, Milk,
Turkey Pepperoni
Pizza

Chicken
buns/rolls/bread-
WG(WG)
Cole Slaw
Baked Beans, Milk,
National BBQ Day -
Pulled BBQ Chicken

Beef Ground
buns/rolls/bread-
WG(WG)
Mixed Vegetables
Peaches
Milk

Non Infant

P.M Snack

3:00 pm - 3:30 pm

Hummus
Pita-WG(WG)
Pita - pita cut
into wedges

Yogurt
Teddy
Grahams(WG)

Wheat Crackers
Peaches

Peanut Butter
Animal Crackers
National Animal
Cracker Day-
Sunflower Seed
Butter

Goldfish Crackers
Grapes

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Little Sunshines Academy -Winterville-

May Menu

Week of: 05/20/24 - 05/24/24

Non Infant

Breakfast

8:00 am - 9:00 am

Monday

Waffles(WG)
Bananas
Milk

Tuesday

Cheerios/MultiGrain
Cheerios-WG(WG)
Honeydew Melon
Milk

Wednesday

Muffin (WG)
Oranges
Milk

Thursday

Turkey Sausage
buns/rolls/bread-
WG(WG)
Strawberries, Milk

Friday

French toast-
WG(WG)
Applesauce
Milk

Non Infant

Lunch

11:15 am - 12:00 pm

Cheese
Noodles/Pasta-
WG(WG)
Broccoli
Blueberries, Milk,
Pasta Rose Cream

Beef & Cheese
Tortilla-WG(WG)
Lettuce And
Tomato
Grapes, Milk,
Tostado

Turkey Ground
Noodles/Pasta-
WG(WG)
Peas and Carrots
Apples, Milk, Ravioli

Chicken
buns/rolls/bread-
WG(WG)
Lettuce And
Tomato
Potatoes, Milk

Beef & Cheese
buns/rolls/bread-
WG(WG)
Baked Beans
Watermelon, Milk,
Cheese Burgers

Non Infant

P.M Snack

3:00 pm - 3:30 pm

Yogurt
Teddy Grahams(WG)
Strawberries --
National
Strawberry Day

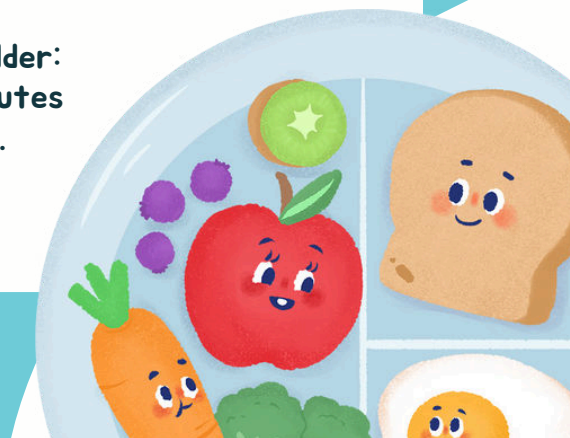
Graham Crackers
Apple Juice

Cheese
Triscuits-WG(WG)

Goldfish Crackers
Mixed Fruit

Pretzels-WG(WG)
Cucumbers

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Little Sunshines Academy -Winterville- May Menu

Week of: 05/27/24 - 05/31/24

Non Infant **Breakfast** 8:00 am - 9:00 am

Monday	Tuesday	Wednesday	Thursday	Friday
School Closure for Memorial Day	Egg & Cheese English muffins-WG(WG) Cantaloupe Milk	French toast-WG(WG) Blueberries Milk	Turkey Sausage Waffles(WG) Oranges Milk	Honey Bunches of Oats-WG(WG) Fruit Cocktail Milk

Non Infant **Lunch** 11:15 am - 12:00 pm

School Closure for Memorial Day	Beef Ground buns/rolls/bread-WG(WG), Cole Slaw Watermelon, Milk, National Hamburger Day	Turkey Ground Noodles/Pasta-WG(WG) Tossed Salad Apples, Spaghetti, Milk	Chicken Biscuits(WG) Peas Grapes, Milk, Diced Chcken w/ Gravy	Turkey & Cheese Pita-WG(WG) Broccoli Mangoes, Cheese Pizza w/ turkey pepperoni, Milk
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Non Infant **P.M Snack** 3:00 pm - 3:30 pm

School Closure for Memorial Day	Goldfish Crackers Cucumbers	Hummus Pretzels-WG(WG)	Peanut Butter Rice Cake(WG) Sunflower seed butter	Muffin-WG(WG) Grapes
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