



Sunshine Schools NC

September Menu

Week of: 09/02/24 - 09/06/24

Non Infant

Breakfast

8:00 am - 9:00 am

Monday

Waffles(WG),
Blueberries,
Milk

Tuesday

Cheerios/
MultiGrain
Cheerios-WG(WG)
Bananas, Milk

Wednesday

Grits,
Oranges, Milk

Thursday

Waffles(WG),
Strawberries,
Milk

Friday

French toast-
WG(WG),
Mixed Fruit, Milk,
Mixed Berries

Non Infant

Lunch

11:15 am - 12:00 pm

Cheese,
Noodles/Pasta-
WG(WG),
Broccoli,
Pears, Milk

Chicken & Cheese
Tortilla
Lettuce And
Tomato
Grapes, Milk

Beef Meatballs
Noodles/Pasta-
WG(WG)
Peas and Carrots
Apples, Milk

Fish sticks
buns/rolls/bread
-WG(WG)
Cole Slaw
Mangoes, Milk

Turkey & Cheese
buns/rolls/bread-
WG(WG),
Carrots,
Watermelon, Milk

Non Infant

P.M Snack

3:00 pm - 3:30 pm

Yogurt
Teddy Grahams
Strawberries

Graham Crackers
Apple Juice

Peanut Butter,
Animal Crackers,
*SunButter

Goldfish
Crackers
Grapes

String Cheese
Chex Rice
Raisins

**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.



Sunshine Schools NC

September Menu

Week of: 09/09/24 - 09/13/24

Non Infant

Breakfast

8:00 am - 9:00 am

Monday

French toast-
WG(WG),
Bananas, Milk

Tuesday

Biscuits,
Strawberries,
Milk

Wednesday

Grits,
Oranges, Milk

Thursday

Pancakes,
Strawberries,
Milk

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

Chicken
Rice (wild or
brown)-WG(WG),
Carrots, Apples,
Milk

Beef Meatballs
Noodles/Pasta-
WG(WG)
Peas and Carrots
Apples, Milk

Chicken
buns/rolls/bread-
WG(WG),
Baked Beans,
Cantaloupe, Milk

Sliced Turkey
buns/rolls/bread-
WG(WG)
Cucumbers,
Watermelon, Milk

Non Infant

P.M Snack

3:00 pm - 3:30 pm

Goldfish
Crackers
Cucumbers

String Cheese
Graham Crackers
Mixed Fruit

Peanut Butter
Pretzel (Hard
Or Soft),
Sunbutter

Yogurt
Animal
Crackers
Mixed Fruit

Cheese
Crackers
(Saltine, Ritz,
Hi Ho, Snack)
Grapes

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Sunshine Schools NC

September Menu

Week of: 09/16/24 - 09/20/24

Non Infant

Breakfast

8:00 am - 9:00 am

Monday

Waffles(WG)
Bananas,
Milk

Tuesday

Cheerios/
MultiGrain
Cheerios-WG(WG)
Bananas, Milk

Wednesday

Grits,
Oranges, Milk

Thursday

Waffles(WG),
Strawberries,
Milk

Friday

French toast-
WG(WG),
Mixed Fruit, Milk,
Mixed Berries

Non Infant

Lunch

11:15 am - 12:00 pm

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

Chicken & Cheese
Tortilla-WG(WG)
Lettuce And
Tomato, Grapes,
Milk, Chicken
Quesadilla

Beef Meatballs
Noodles/Pasta-
WG(WG)
Peas and Carrots
Apples, Milk

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

Turkey & Cheese
buns/rolls/bread-
WG(WG), Potatoes,
Watermelon, Milk,
Hashbrowns

Non Infant

P.M Snack

3:00 pm - 3:30 pm

Yogurt
Honey Bunches of
Oats-WG(WG)
Mixed Fruit, Mixed
Berries

Graham Crackers
Apple Juice

Peanut Butter
Animal, Crackers,
Sunflower seed
butter

Goldfish
Crackers
Grapes

Hummus
Pretzels-
WG(WG)

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Sunshine Schools NC

September Menu

Week of: 09/23/24 - 09/27/24

Non Infant

Breakfast

8:00 am - 9:00 am

Monday

Waffles(WG),
Bananas, Milk

Tuesday

Cheerios/
MultiGrain
Cheerios-WG(WG)
Bananas, Milk

Wednesday

Oatmeal-
WG(WG),
Raisins, Milk

Thursday

French toast-
WG(WG)
Bananas, Milk

Friday

Biscuits,
Blueberries,
Milk

Non Infant

Lunch

11:15 am - 12:00 pm

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

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

Beef Meatballs
Noodles/Pasta-
WG(WG)
Peas and Carrots
Apples, Milk

Cheese
Noodles/Pasta-
WG(WG)
Green Beans
Peaches, Milk

Chicken
Rice (wild or brown)-
WG(WG), Carrots,
Apples, Milk

Non Infant

P.M Snack

3:00 pm - 3:30 pm

Yogurt
Graham Crackers
Mixed Fruit,
Mangoes &
Strawberries

Cheese Crackers
Apple Juice

Tortilla Chips
Salsa
Oranges

Hummus
Pretzel (Hard
Or Soft)

String Cheese,
Grapes

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Sunshine Schools NC

September Menu

Week of: 09/30/24 - 10/04/24

Non Infant

Breakfast

8:00 am - 9:00 am

Monday

Waffles(WG),
Bananas,
Milk

Tuesday

Wednesday

Thursday

Friday

Non Infant

Lunch

11:15 am - 12:00 pm

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

Non Infant

P.M Snack

3:00 pm - 3:30 pm

Yogurt
Honey Bunches of
Oats-WG(WG)
Mixed Fruit
Mixed Berries

**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.