



# Sunshine Schools NC

## January Menu

Week of: 01/06/25 - 01/10/25

Non Infant

### Breakfast

8:00 am - 9:00 am

#### Monday

Milk, Cheese, Eggs, Blueberries, Biscuits WGR, Grits WGR

#### Tuesday

Milk, Strawberries, Pancakes WGR

#### Wednesday

Milk, Cheese, Sausage, Hashbrowns, English Muffins WGR

#### Thursday

Milk, Oranges, French Toast WGR

#### Friday

Milk, Strawberries, Waffles WGR

Non Infant

### Lunch

11:15 am - 12:00 pm

Milk, Cheese, Broccoli, Mixed Berries, Brown Rice WGR, Rolls WGR

Milk, Ground Beef, Cucumbers, Tomato sauce, Pineapple, Pasta WGR

Milk, Chicken, Peas and carrots, Tropical Fruit, Brown Rice WGR

Milk, Chicken, Corn, Mixed Berries, Cornbread

Milk, Deli Turkey, Carrots, Apples, Bread WGR, Buns WGR

Non Infant

### P.M Snack

3:00 pm - 3:30 pm

Cucumbers, Apple juice, Cheese crackers

String Cheese, Grapes

Blueberries, Graham Crackers WGR, Blueberry Crumble

Grapes, Goldfish crackers WGR

Yogurt, Blueberries, Graham Crackers

\*\*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

## January Menu

Week of: 01/13/25 - 01/17/25

Non Infant

### Breakfast

8:00 am - 9:00 am

#### Monday

Milk, Bananas,  
Brown Sugar  
Oatmeal Squares  
Cereal WGR, Kix,  
Cereal WGR

#### Tuesday

Milk, Eggs,  
Pears, French  
Toast WGR

#### Wednesday

Milk, Bananas,  
Honey Kix  
Cereal WGR

#### Thursday

Milk,  
Strawberries,  
Corn Grits,  
Muffins WGR

#### Friday

Milk, Oranges,  
Bagels WGR

Non Infant

### Lunch

11:15 am - 12:00 pm

Milk, Cheese,  
Broccoli, Refried  
Beans (canned),  
Applesauce,  
Tortillas WGR,  
Cheese Quesadilla.

Milk, Fish Sticks,  
Nuggets or  
Patties, Peas,  
Peaches, Brown  
Rice Cakes WGR

Milk, Ground  
Beef, Mashed  
Potatoes, Peas  
and Carrots,  
Blueberries,  
Buns WGR

Milk, Meatballs,  
Green Beans,  
Mixed Berries,  
Buns WGR

Milk, Tuna,  
Garden Salad,  
Mixed Fresh  
Fruit, Bread  
WGR

Non Infant

### P.M Snack

3:00 pm - 3:30 pm

Hummus,  
Carrots, Fruit  
Cocktail,  
Goldfish  
Crackers WGR

Apple Juice,  
Animal  
Crackers WGR

Cheese,  
Bananas,  
Crackers WGR

Yogurt,  
Cheese  
Crackers

Sunflower  
Seed Butter,  
Apples,  
Pretzels  
WGR

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# Sunshine Schools NC

## January Menu

Week of: 01/20/25 - 01/24/25

Non Infant

### Breakfast

8:00 am - 9:00 am

#### Monday

Milk, Cheese,  
Eggs,  
Blueberries,  
Biscuits WGR,  
Grits WGR

#### Tuesday

Milk,  
Strawberries,  
Pancakes WGR

#### Wednesday

Milk, Cheese,  
Sausage,  
Hashbrowns,  
English Muffins  
WGR

#### Thursday

Milk, Oranges,  
French Toast  
WGR

#### Friday

Milk,  
Strawberries,  
Waffles WGR

Non Infant

### Lunch

11:15 am - 12:00 pm

Milk, Cheese,  
Broccoli, Mixed  
Berries, Brown  
Rice WGR,  
Rolls WGR

Milk, Ground Beef,  
Cucumbers,  
Tomato Sauce,  
Pineapple, Pasta  
WGR

Milk, Chicken,  
Peas and  
Carrots,  
Tropical Fruit,  
Brown Rice WGR

Milk, Chicken,  
Corn, Mixed  
Berries,  
Cornbread

Milk, Deli Turkey,  
Carrots,  
Apples, Bread  
WGR, Buns WGR

Non Infant

### P.M Snack

3:00 pm - 3:30 pm

Cucumbers,  
Apple Juice,  
Cheese  
Crackers

String Cheese,  
Grapes

Blueberries,  
Graham  
Crackers WGR,  
Blueberry  
Crumble

Grapes,  
Goldfish  
Crackers WGR

Yogurt,  
Blueberries,  
Graham  
Crackers

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# Sunshine Schools NC

## January Menu

Week of: 01/27/25 - 01/31/25

Non Infant

### Breakfast

8:00 am - 9:00 am

Monday

Milk, Bananas,  
Brown Sugar  
Oatmeal squares  
cereal WGR, Kix  
Cereal WGR

Tuesday

Milk, Eggs, Pears,  
French Toast  
WGR

Wednesday

Milk, Bananas,  
Honey Kix  
Cereal WGR

Thursday

Milk,  
Strawberries,  
Corn Grits,  
Muffins WGR

Friday

Milk, Oranges,  
Bagels WGR

Non Infant

### Lunch

11:15 am - 12:00 pm

Milk, Cheese,  
Broccoli, Refried  
Beans (canned),  
Applesauce,  
Tortillas WGR,  
Cheese Quesadilla

Milk, Fish Sticks,  
Nuggets or  
Patties, Peas,  
Peaches, Brown  
Rice Cakes WGR

Milk, Ground Beef,  
Mashed Potatoes,  
Peas and Carrots,  
Blueberries, Buns  
WGR

Milk,  
Meatballs,  
Green Beans,  
Mixed Berries,  
Buns WGR

Milk, Tuna,  
Garden Salad,  
Mixed Fresh  
Fruit, Bread  
WGR

Non Infant

### P.M Snack

3:00 pm - 3:30 pm

Hummus,  
Carrots, Fruit  
Cocktail,  
Goldfish  
Crackers WGR

Apple Juice,  
Animal Crackers  
WGR

Cheese,  
Bananas,  
Crackers WGR

Yogurt,  
Cheese  
Crackers

Sunflower  
Seed Butter,  
Apples,  
Pretzels WGR

\*\*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.