



5404 W Devon Avenue, Chicago, IL 60646
www.sunfloweracademychildcare.com

Monday
Aug 5, 2024

Tuesday
Aug 6, 2024

Wednesday
Aug 7, 2024

Thursday
Aug 8, 2024

Friday
Aug 9, 2024

Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
F/V: DICED PEARS G/B: TOASTED OATS* 1% MILK	F/V: MANDARIN ORANGES G/B: MUFFIN 1% MILK	F/V: APPLESAUCE G/B: PANCAKES 1% MILK	F/V: BANANA G/B: CERRIOS 1% MILK	F/V: PEACHES G/B: WHOLE GRAIN BAGEL 1% MILK Other: CREAM CHEESE
Lunch	Lunch	Lunch	Lunch	Lunch
M/MA: POTATO & TURKEY HAM CASSEROLE** F/V 1: GREEN BEANS F/V2: APPLE G/B: WG DELICIOUS-MADE DINNER ROLL* 1% MILK	M/MA: BEEF MOSTACCIOLI** F/V 1: CORN F/V2: BANANA G/B: WG DELICIOUS-MADE WHEAT BREAD* 1% MILK	M/MA: POTATO CHICKEN TACOS** W/ LETTUCE &CHEESE F/V 1: DICED CARROTS F/V2: ORANGE G/B: WG SOFT FLOUR TORTILLA* 1% MILK	M/MA: VEGETARIAN BEAN CHILI** W/ STEAMED RICE F/V 1: SAUTEED CABBAGE F/V2: PEAR G/B: WG CORN BREAD* 1% MILK	M/MA: PESTO PASTA W/ DICED CHICKEN** F/V 1: GREEN BEANS F/V2: MELON MIX G/B: WG DELICIOUS-MADE WHEAT BREAD* 1% MILK
Snack	Snack	Snack	Snack	Snack
CHEESE CRACKERS 1% MILK	GRAHAM CRACKERS 1% MILK	ANIMAL CRACKERS 1% MILK	VEGGIE STRAWS 1% MILK	RITZ CRACKERS 1% MILK

(*) Item is WHOLE GRAIN

**ENTREES ARE DELICIOUS MADE (made from scratch)

Our Breakfast and Lunch is catered by **Quality Catering** approved by their Licensed Dietitian.

www.choosedelicious.com



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Monday
Aug 12, 2024

Tuesday
Aug 13, 2024

Wednesday
Aug 14, 2024

Thursday
Aug 15, 2024

Friday
Aug 16, 2024

Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
F/V: DICED PEARS G/B: TOASTED OATS* 1% MILK	F/V: PINEAPPLE G/B: FRENCH TOAST 1% MILK	F/V: CANTALOUPE G/B: CORN FLAKES 1% MILK	F/V: BLUEBERRIES G/B: OATMEAL* 1% MILK	F/V: BANANA G/B: KIX 1% MILK
Lunch	Lunch	Lunch	Lunch	Lunch
M/MA: CHICKEN PARMESAN NOODLES ** F/V 1: GREEN BEANS F/V2: APPLE G/B: WG DELICIOUS-MADE DINNER ROLL* 1% MILK	M/MA: MACARONI & CHEESE** F/V 1: GREEN PEAS F/V2: BANANA G/B: WG DELICIOUS-MADE WHEAT BREAD* 1% MILK	M/MA: BEEF NACHOS** W/ CHEDDAR CHEESE F/V 1: SPANISH BLACK BEANS F/V2: ORANGE G/B: WG CORN TORTILLA CHIPS* 1% MILK	M/MA: TURKEY A LA KING W/ BAKED SLICED POTATOES F/V 1: BROCCOLI F/V2: PEAR G/B: WG DELICIOUS-MADE BREAD* 1% MILK	M/MA: CHICKEN & RICE BAKE** F/V 1: ROASTED VEGETABLES F/V2: MELON MIX G/B: WG DELICIOUS-MADE BREAD* 1% MILK
Snack	Snack	Snack	Snack	Snack
CHEESE CRACKERS 1% MILK	WHOLE GRAIN PITA CHIPS & HUMMUS 1% MILK	ANIMAL CRACKERS 1% MILK	STRING CHEESE 1% MILK	PRETZEL STICKS 1% MILK

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Monday
Aug 19, 2024

Tuesday
Aug 20, 2024

Wednesday
Aug 21, 2024

Thursday
Aug 22, 2024

Friday
Aug 23, 2024

Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
F/V: PEACHES G/B: OATMEAL 1% MILK	F/V: PINEAPPLES G/B: TOASTED OATS* 1% MILK	F/V: BANANAS G/B: FRENCH TOAST 1% MILK Other: SYRUP	F/V: APPLES G/B: FRENCH TOAST 1% MILK Other: SYRUP	F/V: BLUEBERRIES G/B: OATMEAL 1% MILK
Lunch	Lunch	Lunch	Lunch	Lunch
M/MA: THREE CHEESE PASTA BAKE** F/V 1: BRUSSEL SPROUTS F/V2: APPLE G/B: WG DELICIOUS-MADE DINNER ROLL* 1% MILK	M/MA: CHICKEN TACOS** W/ LETTUCE & CHEESE F/V 1: DICED CARROTS F/V2: BANANA G/B: WG SOFT FLOUR TORTILLA* 1% MILK	M/MA: BEEF MEATBALLS** W/ GRAVY & MASHED POTATOES F/V 1: GREEN PEAS F/V2: ORANGE G/B: WG DELICIOUS-MADE WHEAT BREAD 1% MILK	M/MA: BAKED ZITI W/ CHICKEN** F/V 1: CORN F/V2: PEAR G/B: WG DELICIOUS-MADE WHEAT BREAD* 1% MILK	M/MA: BEEF SLOPPY JOE** W/ BAKED SWEET POTATO FRIES F/V 1: GREEN BEANS F/V2: MELON MIX G/B: WG DELICIOUS-MADE BUN* 1% MILK
Snack	Snack	Snack	Snack	Snack
APPLESAUCE 1% MILK	APPLESAUCE 1% MILK	VANILLA YOGURT 1% MILK	RITZ CRACKERS 1% MILK	CHEESE CRACKERS 1% MILK

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<u>Monday</u> Aug 26, 2024	<u>Tuesday</u> Aug 27, 2024	<u>Wednesday</u> Aug 28, 2024	<u>Thursday</u> Aug 29, 2024	<u>Friday</u> Aug 30, 2024
Breakfast F/V: STRAWBERRIES G/B: KIX CEREAL 1% MILK Other: SYRUP	Breakfast F/V: APPLES G/B: TOASTED OATS* 1% MILK Other: SYRUP	Breakfast F/V: PEACHES G/B: BAGELS 1% MILK Other: CREAM CHEESE	Breakfast F/V: BANANAS G/B: FRENCH TOAST 1% MILK Other: SYRUP	Breakfast F/V: BLUEBERRIES G/B: OATMEAL 1% MILK
Lunch M/MA: ITALIAN CHICKEN** W/ STEAMED RICE F/V 1: CARROT MASH F/V2: APPLE G/B: WG DELICIOUS-MADE DINNER ROLL* 1% MILK	Lunch M/MA: MACARONI & CHEESE** F/V 1: GREEN PEAS F/V2: BANANA G/B: WG DELICIOUS-MADE WHEAT BREAD* 1% MILK	Lunch M/MA: CHICKEN W/ MARINARA** & ROTINI PASTA F/V 1: GREEN BEANS F/V2: ORANGE G/B: WG DELICIOUS-MADE WHEAT BREAD* 1% MILK	Lunch M/MA: BEEF TACOS** W/ CHEDDAR CHEESE & LETTUCE F/V 1: CILANTRO CAULIFLOWER RICE F/V2: PEAR G/B: WG SOFT FLOUR TORTILLA* 1% MILK	Lunch M/MA: CHEESE RAVIOLI** F/V 1: BRUSSEL SPROUTS F/V2: MELON MIX G/B: WG DELICIOUS-MADE WHEAT BREAD* 1% MILK
Snack ANIMAL CRACKERS 1% MILK	Snack PRETZEL STICKS 1% MILK	Snack WHOLE GRAIN PITA CHIPS & HUMMUS 1% MILK	Snack RITZ CRACKERS 1% MILK	Snack CHEESE CRACKERS 1% MILK

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