

Rise and Shine Daycare - Weekly Snack Menu & Meal Policy

Weekly Snack Plan with Sample Meal Ideas

Monday	Apple slices & string cheese	Grilled chicken, brown rice, mixed veggies, milk
Tuesday	Whole grain crackers & orange slices	Spaghetti with turkey meatballs, salad, milk
Wednesday	Yogurt & banana	Cheese quesadilla, corn, fruit cup, milk
Thursday	Carrot sticks & hummus	Fish sticks, sweet potato, green beans, milk
Friday	Cheddar cubes & grapes	Mac and cheese, peas, fruit, milk

Nutrition & Food Quality Policy

At Rise and Shine Daycare, we are committed to providing nutritious snacks that support children's healthy growth and development. All snacks are prepared using non-sugary, organic, and non-GMO ingredients whenever possible. We avoid processed snacks and strive to include fresh fruits, vegetables, whole grains, and quality dairy or protein items in our offerings.

Meal Pattern Requirements by Age Group (Based on CACFP Guidelines)

Children 1-12 years are grouped for food service as follows:

- 1-2 years: 1/2 cup milk, 1/2 slice bread or 1/4 cup cereal, 1/4 cup fruit or vegetable.
- 3-5 years: 3/4 cup milk, 1/2 slice bread or 1/3 cup cereal, 1/2 cup fruit or vegetable.
- 6-12 years: 1 cup milk, 1 slice bread or 3/4 cup cereal, 1/2 cup fruit or vegetable.

Note: Whole milk is required for children 12-23 months. Children over 24 months must be served low-fat or fat-free milk. Flavored milk must be fat-free and may only be served to children 6-12 years.

Additional Meal Policy Notes

- Juice must be 100% and served no more than once per day.
- At least one grain per day must be whole grain-rich.
- Cereals must contain no more than 6g of sugar per dry ounce.
- Snacks cannot consist of only milk and juice.
- Yogurt must not exceed 15g sugar per 4 oz serving, 23g per 6 oz, or 30g per 8 oz.