

2024 WEEKLY MENU CYCLE 1

Rise and Shine Child Care Centers 1-2 Years

DAY OF THE WEEK	Food Component	Breakfast (milk, veggie or fruit and grain)	Lunch (milk, 2 servings veggie or fruit, grain, and protein)	Morning/Afternoon Snack Milk plus choose 2 (veggie or fruit, grain & protein)
MONDAY	Bread/Alternate Meat/Alternate Fruit/Vegetable Fruit/Vegetable Milk	$\frac{1}{4}$ c Oatmeal $\frac{1}{4}$ c Applesauce 4 oz Whole Milk	$\frac{1}{4}$ c Oatmeal 1 oz Shredded Chicken 1/8 c Mixed veggie 1/8 c Cuties 4 oz Whole Milk	$\frac{1}{2}$ slice WG Toast $\frac{1}{2}$ c Bananas 4 oz Whole Milk
TUESDAY	Bread/alternate Meat/Alternate Fruit/Vegetable Fruit/Vegetable Milk	$\frac{1}{2}$ Waffle $\frac{1}{4}$ c Avocado 4 oz Whole Milk	$\frac{1}{2}$ slice WG Toast $\frac{1}{2}$ Large Egg 1/8 c Peas 1/8 c Blueberries 4 oz Whole Milk	$\frac{1}{2}$ oz Cheerios $\frac{1}{2}$ c Peaches 4 oz Whole Milk
WEDNESDAY	Bread/Alternate Meat/Alternate Fruit/Vegetable Fruit/Vegetable Milk	$\frac{1}{4}$ c WG Oatmeal $\frac{1}{4}$ c Banana 4 oz Whole Milk	6 WG Crunchmaster Crackers 1 oz Cheese 1/8 c Carrots 1/8 c Peaches 4 oz Whole Milk	$\frac{1}{2}$ oz WG Toast $\frac{1}{2}$ c Pears 4 oz Whole Milk
THURSDAY	Bread/Alternate Meat/Alternate Fruit/Vegetable Fruit/Vegetable Milk	1 WG Graham Crackers $\frac{1}{4}$ Peaches 4 oz Whole Milk	$\frac{1}{2}$ Waffle 2 TBSP Peanut Butter 1/8 c Applesauce 1/8 c Blueberries 4 oz Whole Milk	$\frac{1}{2}$ oz Cheerios $\frac{1}{2}$ c Banana 4 oz Whole Milk
FRIDAY	Bread/Alternate Meat/Alternate Fruit/Vegetable Fruit/Vegetable Milk	$\frac{1}{4}$ c Oatmeal $\frac{1}{4}$ c Sweet Potatoes 4 oz Whole Milk	$\frac{1}{2}$ slice WG Toast 1 oz Cheese (grilled) 1/8 c Cuties 1/8 c Sliced Apples 4 oz Whole Milk	$\frac{1}{2}$ oz WG Toast $\frac{1}{2}$ c Avocado 4 oz Whole Milk