

# 2024 WEEKLY MENU CYCLE 2

## Rise and Shine Child Care Centers 1-2 Years

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