

2024 WEEKLY MENU CYCLE 3

Rise and Shine Child Care Centers 1-2 Years

DAY OF THE WEEK July 15 - 19	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)
MONDAY	Bread/Alternate Meat/Alternate Fruit/Vegetable Fruit/Vegetable Milk	$\frac{1}{2}$ oz WG Toast $\frac{1}{2}$ Large Egg 4 oz Whole Milk	$\frac{1}{2}$ c slice WG Toast 1 oz Shredded Chicken 1/8 c Sweet Potatoes 1/8 c Applesauce 4 oz Whole Milk	
TUESDAY	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 2 oz Cottage Cheese 1/8 c Peas 1/8 c Applesauce 4 oz Whole Milk	$\frac{1}{2}$ c Cheerios $\frac{1}{2}$ c Cuties 4 oz Whole Milk
WEDNESDAY	Bread/Alternate Meat/Alternate Fruit/Vegetable Fruit/Vegetable Milk	$\frac{1}{2}$ oz Cheerios $\frac{1}{2}$ c Bananas 4 oz Whole Milk	$\frac{1}{2}$ oz WG Toast 1 oz Cheese 1/8 c Mixed Veggies 1/8 c Peaches 4 oz Whole Milk	$\frac{1}{2}$ Waffle $\frac{1}{2}$ c Blueberries 4 oz Whole Milk
THURSDAY	Bread/Alternate Meat/Alternate Fruit/Vegetable Fruit/Vegetable Milk	$\frac{1}{2}$ WG Toast $\frac{1}{2}$ c Carrots 4 oz Whole Milk	$\frac{1}{2}$ oz Cheerios 1 oz Cheese 1/8 c Peas 1/8 c Banana 4 oz Whole Milk	$\frac{1}{2}$ oz Cheerios $\frac{1}{2}$ c Bananas 4 oz Whole Milk
FRIDAY	Bread/Alternate Meat/Alternate Fruit/Vegetable Fruit/Vegetable Milk	$\frac{1}{2}$ oz Cheerios $\frac{1}{2}$ c Cuties 4 oz Whole Milk	$\frac{1}{2}$ Waffles 1 oz Shredded Chicken 1/8 c Carrots 1/8 c Blueberries 4 oz Whole Milk	$\frac{1}{2}$ slice WG Toast 2 TBS Peanut Butter 4 oz Whole Milk