

2024 WEEKLY MENU CYCLE 5

Rise and Shine Child Care Centers 1-2 Years

DAY OF THE WEEK	Food Component	Morning/Snack	Lunch	Afternoon Snack
July 29 - August 2		Milk plus choose 2 (veggie or fruit, grain & protein)	(milk, 2 servings veggie or fruit, grain, and protein)	Milk plus choose 2 (veggie or fruit, grain & protein)
MONDAY	Bread/Alternate Meat/Alternate Fruit/Vegetable Fruit/Vegetable Milk	$\frac{1}{4}$ oz Kix $\frac{1}{2}$ c Banana 4 oz W Milk	$\frac{1}{2}$ Slice WG Bread 1 oz Chicken 1/8 c Broccoli 1/8 c Carrots 4 oz W Milk	
TUESDAY	Bread/alternate Meat/Alternate Fruit/Vegetable Fruit/Vegetable Milk	$\frac{1}{2}$ Slice WG Toast 2 TBS Peanut Butter 4 oz W Milk	$\frac{1}{2}$ Pita 2 TBS Hummus 1/8 c Peas 1/8 c Apple Slices 4 oz W Milk	$\frac{1}{4}$ oz Kix $\frac{1}{2}$ c Blueberries 4 oz W Milk
WEDNESDAY	Bread/Alternate Meat/Alternate Fruit/Vegetable Fruit/Vegetable Milk	6 CrunchMaster Crackers $\frac{1}{2}$ c Peaches 4 oz W Milk	$\frac{1}{2}$ Pita 1 oz Sliced Turkey 1/8 c Apple Slices 1/8 c Carrots 4 oz W Milk	$\frac{1}{2}$ Mini Bagel $\frac{1}{4}$ c Cottage Cheese $\frac{1}{2}$ c Peaches 4 oz W Milk
THURSDAY	Bread/Alternate Meat/Alternate Fruit/Vegetable Fruit/Vegetable Milk	$\frac{1}{4}$ oz Kix $\frac{1}{2}$ c Blueberries 4 oz W Milk	$\frac{1}{2}$ Waffle 1 oz Chicken 1/8 c Peaches 1/8 c Broccoli 4 oz W Milk	$\frac{1}{2}$ slice WG Toast 2 TS Peanut Butter 4 oz W Milk
FRIDAY	Bread/Alternate Meat/Alternate Fruit/Vegetable Fruit/Vegetable Milk	$\frac{1}{2}$ Mini Bagel $\frac{1}{4}$ c Cottage Cheese $\frac{1}{2}$ c Peaches 4 oz W Milk	$\frac{1}{2}$ Slice WG Bread 1 oz Sliced Turkey 1/8 c Peas 1/8 c Blueberries 4 oz W Milk	$\frac{1}{4}$ oz Kix $\frac{1}{2}$ c Bananas 4 oz W Milk