

CYCLE 9

Weekly Menu with Serving Sizes for One Age Group (Breakfast Served)

Agency name: RISE AND SHINE CHILDCARE CENTERS Ages: 1-2 Years Week of: 08/26/2024

Meal: Breakfast 08/26/24 08/27/24 08/28/24 08/29/24 08/30/24

Required Components: Fluid Milk, Vegetables/Fruits, Grains

Component	Monday Food/Serving	Tuesday Food/Serving	Wednesday Food/Serving	Thursday Food/Serving	Friday Food/Serving
Grain	1/2 Waffle	1/2 WG Toast	1/2 oz WG Cheerios	1/2 oz WG Kix	1/2 Waffle
Fruit/Vegetable	1/4 c Blueberries	1/4 c Mixed Berries	1/4 c Banana	1/4 c Cuties	1/4 c Applesauce
Fluid Milk (or yogurt/adults only)	4 oz U W Milk	4 oz U W Milk	4 oz U W Milk	4 oz U W Milk	4 oz U W Milk
M/M/A substituted for grains					
Extra(s)					Sprinkle cinnamon

Snack: AM Snack

Required to provide two different components

Component	Monday Food/Serving	Tuesday Food/Serving	Wednesday Food/Serving	Thursday Food/Serving	Friday Food/Serving
Grain	6 WG CrunchMaster		1/2 WG Toast		4 WG CrunchMasters
M/M/A				1/2 oz Chicken	
Vegetable					
Fruit		1/2 c Banana			
Fluid Milk (or yogurt/adults only)	4 oz U W Milk	4 oz U W Milk	4 oz U W Milk	4 oz U W Milk	4 oz U W Milk
Extra(s)			Butter, cinnamon & sugar		

Meal: Lunch/Supper

Required Components: Fluid Milk, M/M/A, Vegetables, Fruits, Grains

Component	Monday Food/Serving	Tuesday Food/Serving	Wednesday Food/Serving	Thursday Food/Serving	Friday Food/Serving
Grain	1/2 Pita	6 WG CrunchMasters	1/2 WG Bread	6 WG CrunchMasters	1/2 oz WG Cheerios
M/M/A	1 oz Hummus	1 oz Black Beans	2 TBS Peanut Butter	1 oz String Cheese	1 oz Sliced Turkey
Vegetable	1/8 c Snap Peas	1/8 c Tomatoes	1/8 c Broccoli	1/8 c Mixed Vegetables	1/8 c Sliced Carrots
Fruit or Vegetable	1/8 c Blueberries	1/8 c Corn	1/8 c Banana	1/2 c Strawberries	1/8 c Cuties
Fluid Milk (or yogurt/adults only)	4 oz U W Milk	4 oz U W Milk	4 oz U W Milk	4 oz U W Milk	4 oz U W Milk
Extra(s)					