

# CYCLE 4

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

Agency name: RISE AND SHINE CHILDCARE CENTERS Ages: 1-2 Years Week of: 12/02/2024

Meal: **Breakfast** 12/02/24 12/03/24 12/04/24 12/05/24 12/06/24

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 WG Toast	1/2 oz WG Cheerios	1/2 oz Kix	1/2 Waffle	1/2 oz WG Cheerios
Fruit/Vegetable	1/4 c Avocado	1/4 c Mixed Berries	1/4 c Pears	1/4 c Blueberries	1/4 c Peaches
Fluid Milk (or yogurt/adults only)	4 oz WU Milk	4 oz WU Milk	4 oz WU Milk	4 oz WU Milk	4 oz WU Milk
M/M/A substituted for grains					
Extra(s)					

### 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	1/2 WG Toast	1/2 Waffles	1/2 oz WG Crackers	1/2 oz WG Cheerios	1/2 oz WG Kix
M/M/A	1/2 oz Cottage Cheese		1/2 oz Cheese		
Vegetable					
Fruit		1/2 c Applesauce		1/2 c Pears	
Fluid Milk (or yogurt/adults only)					4 oz WU Milk
Extra(s)		Cinnamon			

### 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 oz WG Crackers	1/2 WG Toast	1/2 oz Kix	1/2 WG Toast
M/M/A		1 oz Chicken	2 oz Cottage Cheese	1 oz Cheese	1 oz Chicken
Vegetable		1/8 c Sw. Potato	1/8 c Peas	1/8 c Carrots	1/8 c Peas
Fruit or Vegetable		1/8 c Apple slices	1/8 c Applesauce	1/8 c Blueberries	1/8 c Apple slices
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
Extra(s)					