

Rise and Shine Child Care Centers & Preschool

Weekly Menu · Week of Oct 26, October 2026 · Sonoma County, CA · CACFP Compliant

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Page 1: Ages 0–11 Months · Page 2: Ages 1–5 Years

0 – 5 Months *Formula / breast milk only*

MEAL & CACFP QUANTITIES	Mon <i>half day</i>	Tue	Wed	Thu	Fri
BREAKFAST Breast milk or formula: 4–6 fl oz	Breast milk or iron-fortified formula	Breast milk or iron-fortified formula	Breast milk or iron-fortified formula	Breast milk or iron-fortified formula	Breast milk or iron-fortified formula
AM SNACK Breast milk or formula: 4–6 fl oz	Breast milk or iron-fortified formula	Breast milk or iron-fortified formula	Breast milk or iron-fortified formula	Breast milk or iron-fortified formula	Breast milk or iron-fortified formula
LUNCH Breast milk or formula: 4–6 fl oz	<i>Half day Not served</i>	Breast milk or iron-fortified formula	Breast milk or iron-fortified formula	Breast milk or iron-fortified formula	Breast milk or iron-fortified formula

6 – 11 Months *Introducing solids + formula*

MEAL & CACFP QUANTITIES	Mon <i>half day</i>	Tue	Wed	Thu	Fri
BREAKFAST Formula or breast milk: 6–8 fl oz Grain or meat alt: 0–4 Tbsp Vegetable or fruit: 0–2 Tbsp	Formula / breast milk Oatmeal Banana	Formula / breast milk WG Cheerios Banana	Formula / breast milk Oatmeal Pears	Formula / breast milk French Toast Sticks Applesauce	Formula / breast milk Oatmeal Oranges
AM SNACK Formula or breast milk: 2–4 fl oz Grain (cereal): 0–4 Tbsp Vegetable or fruit: 0–2 Tbsp	Formula / breast milk Iron-fortified infant cereal Blueberries	Formula / breast milk Iron-fortified infant cereal Mango	Formula / breast milk Iron-fortified infant cereal Strawberries	Formula / breast milk Iron-fortified infant cereal Mixed Berries	Formula / breast milk Iron-fortified infant cereal Pears
LUNCH Formula or breast milk: 6–8 fl oz Grain or meat alt: 0–4 Tbsp Vegetable or fruit: 0–2 Tbsp	<i>Half day Not served</i>	Formula / breast milk Chicken - Infant Peas	Formula / breast milk Black Beans Corn	Formula / breast milk Beef - Infant Tomato	Formula / breast milk Tuna Broccoli