

2024 WEEKLY MENU CYCLE 2

Rise and Shine Child Care Centers 6-11 Months

DAY OF THE WEEK	Food Component	AM/PM Snack (Breastmilk or formula and infant cereal or protein and fruit or vegetable or combo of both)	Lunch (Breastmilk or formula and grain and vegetable or fruit or combo of both)
MONDAY (H only)	Infant Cereal/Grain Meat/Alternate Fruit/Vegetable Fruit/Vegetable Breastmilk/Formula	0 - $\frac{1}{4}$ oz Cheerios 0-2 TBSP Bananas 6-8 oz	0 - $\frac{1}{2}$ oz WG Toast 0-4 TBS Whole Egg 2-4 oz
TUESDAY	Infant Cereal/Grain Meat/Alternate Fruit/Vegetable Fruit/Vegetable Breastmilk/Formula	0 - $\frac{1}{2}$ oz WG Toast 0-2 TBS Sweet Potatoe 6-8 oz	0 - $\frac{1}{2}$ oz Oatmeal 0-2 TBSP Applesauce 2-4 oz
WEDNESDAY	Infant Cereal/Grain Meat/Alternate Fruit/Vegetable Fruit/Vegetable Breastmilk/Formula	0 - $\frac{1}{2}$ oz Waffle 0-2 TBSP Banana 6-8 oz	0 - $\frac{1}{4}$ oz Cheerios 0-2 TBSP Peaches 2-4 oz
THURSDAY	Infant Cereal/Grain Meat/Alternate Fruit/Vegetable Fruit/Vegetable Breastmilk/Formula	$\frac{1}{4}$ oz Cheerios 0-2 TBSP Peaches 6-8 oz	0 - $\frac{1}{2}$ oz WG Toast 0-2 TBSP Blueberris 2-4 oz
FRIDAY	Infant Cereal/Grain Meat/Alternate Fruit/Vegetable Fruit/Vegetable Breastmilk/Formula	0 - $\frac{1}{2}$ oz WG Toast 0-2 TBS Pears 6-8 oz	0 - $\frac{1}{2}$ oz WG Toast 0-2 TBSP Peas 2-4 oz

Formula - 360 Infant care Similac

Infant Cereal - Grain & Grow Gerber