

# 2024 WEEKLY MENU CYCLE 4

## Rise and Shine Child Care Centers 6-11 Months

DAY OF THE WEEK	Food Component	Breakfast/Lunch (Breastmilk or formula and infant cereal or protein and fruit or vegetable or combo of both)	Morning/Afternoon Snack (Breastmilk or formula and grain and vegetable or fruit or combo of both)
<b>MONDAY</b> (H only)	Infant Cereal/Grain Meat/Alternate Fruit/Vegetable Fruit/Vegetable Breastmilk/Formula	0-4 TBS Whole Egg 0-2 TBSP Peaches 6-8 oz	0 - $\frac{1}{2}$ oz WG Toast 0-2 TBSP Carrots 2-4 oz
<b>TUESDAY</b>	Infant Cereal/Grain Meat/Alternate Fruit/Vegetable Fruit/Vegetable Breastmilk/Formula	0 - $\frac{1}{4}$ oz Cheerios 0-2 TBSP Peaches 6-8 oz	0 - $\frac{1}{2}$ oz Infant Oatmeal 0-2 TBSP Banana 2-4 oz
<b>WEDNESDAY</b>	Infant Cereal/Grain Meat/Alternate Fruit/Vegetable Fruit/Vegetable Breastmilk/Formula	0-4 oz Cottage Cheese 0-2 TBSP Applesauce 6-8 oz	0 - $\frac{1}{4}$ oz Cheerios 0-2 TBSP Banana 2-4 oz
<b>THURSDAY</b>	Infant Cereal/Grain Meat/Alternate Fruit/Vegetable Fruit/Vegetable Breastmilk/Formula	0- $\frac{1}{2}$ oz Infant Oatmeal 0-2 TBS Pears 6-8 oz	0 - $\frac{1}{2}$ oz WG Toast 0-2 TBSP Avocado 2-4 oz
<b>FRIDAY</b>	Infant Cereal/Grain Meat/Alternate Fruit/Vegetable Fruit/Vegetable Breastmilk/Formula	0 - $\frac{1}{4}$ oz Cheerios 0-2 TBS Pears 6-8 oz	0 - $\frac{1}{2}$ oz Infant Oatmeal 0-2 TBSP Peaches 2-4 oz

**Formula** - 360 Infant care Similac

**Infant Cereal** - Grain & Grow Gerber