

WEEKLY MENU CYCLE 5

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)
MONDAY	Infant Cereal/Grain Meat/Alternate Fruit/Vegetable Fruit/Vegetable Breastmilk/Formula	0-4 TBS Chicken 0-2 TBS Carrots 6-8 oz	$\frac{1}{4}$ oz Kix 0-2 TBS Banana 2-4 oz
TUESDAY	Infant Cereal/Grain Meat/Alternate Fruit/Vegetable Fruit/Vegetable Breastmilk/Formula	0- $\frac{1}{4}$ oz Cheerios 0-2 TBS Peaches 6-8 oz	$\frac{1}{2}$ Slice WG Toast 0-2 TBS Banana 6-8 oz
WEDNESDAY	Infant Cereal/Grain Meat/Alternate Fruit/Vegetable Fruit/Vegetable Breastmilk/Formula	0- $\frac{1}{2}$ oz Oatmeal 0-2 TBS Carrots 6-8 oz	0- $\frac{1}{4}$ oz Cherrios 0-2 TBS Peaches 6-8 oz
THURSDAY	Infant Cereal/Grain Meat/Alternate Fruit/Vegetable Fruit/Vegetable Breastmilk/Formula	0-4 TBS Chicken 0-2 TBS Broccoli 6-8 oz	$\frac{1}{4}$ oz Kix 0-2 TBS Blueberries 6-8 oz
FRIDAY	Infant Cereal/Grain Meat/Alternate Fruit/Vegetable Fruit/Vegetable Breastmilk/Formula	$\frac{1}{2}$ Slice WG Bread 0-2 Peas 6-8 oz	0-4 oz Cottage Cheese 0-2 TBS Peaches 6-8 oz

Formula - 360 Infant care Similac

Infant Cereal - Grain & Grow Gerber