

Rise and Shine Child Care Centers & Preschool

Weekly Menu · Week of Sep 14, September 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 Cereal - Infant Banana	Formula / breast milk Iron-fortified whole grain toast Plum	Formula / breast milk French Toast Sticks Strawberries	Formula / breast milk Iron-fortified whole grain crackers Oranges	Formula / breast milk Iron-fortified oatmeal Applesauce
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 Sweet potato	Formula / breast milk Iron-fortified infant cereal Peas	Formula / breast milk Iron-fortified infant cereal Peaches	Formula / breast milk Iron-fortified infant cereal Applesauce	Formula / breast milk Iron-fortified infant cereal Broccoli
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 Mixed Vegetables	Formula / breast milk Lentils Carrots	Formula / breast milk Black beans Pumpkin	Formula / breast milk Turkey Green Beans