

CYCLE 2

Weekly Menu with Serving Sizes for One Age Group (Breakfast Served)

Agency name: RISE AND SHINE CHILD CARE CENTERS Ages: 1-2 Years Week of: 11/11/2024

Meal: **Breakfast** 11/11/24 11/12/24 11/13/24 11/14/24 11/15/24

Required Components: Fluid Milk, Vegetables/Fruits, Grains

| Component | Monday Food/Serving | Tuesday Food/Serving | Wednesday Food/Serving | Thursday Food/Serving | Friday Food/Serving |
|------------------------------------|---------------------|----------------------|------------------------|-----------------------|---------------------|
| Grain | | 1/2oz WG Cheerios | 1/2 Waffle | 1/2 WG Toast | 1/2oz WG Kix |
| Fruit/Vegetable | | 1/4 c Blueberries | 1/4 c Mixed Berries | 1/4 c Peaches | 1/4 c Applesauce |
| Fluid Milk (or yogurt/adults only) | | 4 oz WU Milk | 4 oz WU Milk | 4 oz WU Milk | 4 oz WU Milk |
| M/M/A substituted for grains | | | | | |
| Extra(s) | | | | | |

Snack: AM Snack

Required to provide two different components

| Component | Monday Food/Serving | Tuesday Food/Serving | Wednesday Food/Serving | Thursday Food/Serving | Friday Food/Serving |
|------------------------------------|---------------------|----------------------|------------------------|-----------------------|---------------------|
| Grain | | 1/2 oz WG Kix | 1/2 WG Toast | 1/2 oz WG Crackers | 1/2 oz WG Cheerios |
| M/M/A | | | | | |
| Vegetable | | | | | |
| Fruit | | | | | |
| Fluid Milk (or yogurt/adults only) | | 4 oz WU Milk | 4 oz WU Milk | 4 oz WU Milk | 4 oz WU Milk |
| Extra(s) | | | | | |

Meal: Lunch/Supper

Required Components: Fluid Milk, M/M/A, Vegetables, Fruits, Grains

| Component | Monday Food/Serving | Tuesday Food/Serving | Wednesday Food/Serving | Thursday Food/Serving | Friday Food/Serving |
|------------------------------------|---------------------|----------------------|------------------------|-----------------------|---------------------|
| Grain | | 1/2 oz WG Crackers | 1/2 Tortilla | 1/2 oz WG Crackers | 1/2 WG Bread |
| M/M/A | | 1 oz Peanut Butter | 1 oz Cheese | 1 oz Black Beans | 1 oz Chicken |
| Vegetable | | 1/8 c Peas | 1/8 c Avocado | 1/8 c Sw. Pot. | 1/8 c Carrots |
| Fruit or Vegetable | | 1/8 c Oranges | 1/8 c Mixed Vegetables | 1/8 c Peas | 1/8 c Applesauce |
| Fluid Milk (or yogurt/adults only) | | 4 oz U W Milk | 4 oz U W Milk | 4 oz U W Milk | 4 oz U W Milk |
| Extra(s) | | | | | |