ROCHESTER CHILD CARE CENTER

RCCC is an equal opportunity provider and employer

April 15 - April 19, 2024

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	½ cup	¾ cup	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	¼ cup	½ cup	Bananas	Apples	Pears	Blueberries	Bananas
	Grain/Meat*	½ oz eq	½ oz eq	English Muffins, SB&J	Cinn Raisin Oatmeal	Bagels, CC	Granola	Berry Berry Kix
	Yogurt	¼ cup	½ cup				Yogurt	
		Dish Of 1	he Day:	Kazuko's Meal Request	Beef Tacos	Chicken Noodle Soup	Ham and Cheese Taquitos	Cheese Pizza
LUNCH	Milk	½ cup	¾ cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	¼ cup	Carrots	Chili Beans	Green Beans	Peas	Garden Salad
	Fruit*	1/8 cup	¼ cup	Grapes	Mandarin Oranges	Peaches	Pears	Fruit Cocktail
	Grain	½ oz eq	½ oz eq	Whole Grain Breading	3-5 Corn Tacos 1-2 Flour Tortillas	Wheat Pasta	Wheat Wraps	Enriched Pizza Dough
	Meat/Meat Alternative	1 oz	1 ½ oz	Fish Sticks	Ground Beef, Cheese	Diced Chicken	Ham Slices, Cheese	Mozzarella
SNACK	Fruit	½ cup	½ cup	Apples	3-5 Craisins 1-2 Peaches		Applesauce	
	Vegetable	½ cup	½ cup			Hommus		
	Grain	½ oz eq	½ oz eq	Pirate Booty	Blueberry Muffins	Funyuns	Soft Pretzels	Baked Cheetos
	Meat/Meat* Yogurt	½ oz 2oz	½ oz 4oz					HB Eggs