ROCHESTER CHILD CARE CENTER

RCCC is an equal opportunity provider and employer

April 22 - April 26, 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	Applesauce	Pears	Berries	Bananas
	Grain/Meat*	½ oz eq	½ oz eq	English Muffins, SB&J	French Toast Sticks	Bagels, CC	Granola Bars	Honey Bunches of Oats
	Yogurt	¼ cup	½ cup				Yogurt	
		Dish Of 1	he Day:	Charlee's Meal Request	Soft Tacos	Ham Salad	Amer Chop Suey	Italian Sausage Pizza
LUNCH	Milk	½ cup	¾ cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	¼ cup	Broccoli	Corn	French Fries	Green Beans	Caesar Salad
	Fruit*	1/8 cup	¼ cup	Raspberries	Tropical Fruit	Pineapple	Peaches	Pears
	Grain	½ oz eq	½ oz eq	Macaroni	Soft Tacos	Wheat Bread	Wheat Pasta	Enriched Pizza Dough
	Meat/Meat Alternative	1 oz	1 ½ oz	Cheddar Sauce	Ground Turkey, Cheddar	Ham Salad	Ground Beef	Sausage, Mozz
SNACK	Fruit	½ cup	½ cup	Orange Slices		Apples	Orange Juice	Grapes
	Vegetable	½ cup	½ cup					
	Grain	½ oz eq	½ oz eq	Fritos	Ritz	Baked Cheetos	Strawberry Chex	Giant Goldfish Grahams
	Meat/Meat* Yogurt	½ oz 2oz	½ oz 4oz		Cheddar Slices			