ROCHESTER CHILD CARE CENTER

RCCC is an equal opportunity provider and employer

April 29 - May 3, 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	Pears	Applesauce	Berries	Bananas
	Grain/Meat*	½ oz eq	½ oz eq	English Muffins, SB&J	Cranberry Pear Oatmeal	Bagels, CC	Granola	Cinn Chex Cereal
	Yogurt	¼ cup	½ cup				Yogurt	
		Dish Of T	he Day:	Spencer and Jackson's Meal	Breakfast Tacos	Chicken with Rice	Tuna Noodle	Hawaiian Pizza
LUNCH	Milk	½ cup	¾ cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	¼ cup	Cucumbers	Chili Beans	Broccoli	Peas	Garden Salad
	Fruit*	1/8 cup	¼ cup	Mandarin Oranges	Fruit Cocktail	Pears	Peaches	Pineapple
	Grain	½ oz eq	½ oz eq	Stuffed Bread Sticks	Flour Tortilla	Brown Rice	Enriched Pasta	Enriched Pizza Dough
	Meat/Meat Alternative	1 oz	1 ½ oz	Mozz, Pepperoni	Scrambled Eggs, Chedd	Diced Chicken	Tuna	Ham, Mozz
SNACK	Fruit	½ cup	½ cup	Oranges	Bananas	Grapes		
	Vegetable	½ cup	½ cup					Baby Carrots
	Grain	½ oz eq	½ oz eq	Bunny Grahams	Chocolate Chip Muffins	Goldfish	Ritz Crackers	Pretzel Goldfish
	Meat/Meat* Yogurt	½ oz 2oz	½ oz 4oz				Cheese Sticks	