

CHILDREN'S CENTER WEEKLY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Chex* Peaches Milk	Breakfast HM Blueberry Muffins* Apples Milk	Breakfast HM Oatmeal* Bananas Milk	Breakfast HM Banana Bread* Cantaloupe Milk	Breakfast Bran Flakes* Pears Milk
Lunch HM Macaroni and Cheese* _d Oranges Green Beans Milk	Lunch HM Quiche _d * Pears Cucumbers Milk	Lunch HM Broccoli Cheese Soup _d Biscuits* _d Honeydew Milk	Lunch HM Lasagna* _d Kidney Beans Oranges Milk	Lunch HM Spanish Rice w/Veggies* Black Beans Apples Milk
Snack Cheddar Cheese Chunks Apples Water	Snack Harvest Whole Wheat Crackers* 100% Orange Juice	Snack Banana Popsicles Graham Crackers* Water	Snack HM Trail Mix* Watermelon Water	Snack HM Cheesy Cornbread Muffins* Milk

_d indicates that food item contains dairy

HM - Homemade

*indicates that food item contains whole grain

Humboldt Creamery Milk (Organic)

Children 12 months-24 months are served whole, unflavored milk

Children over 24 months are served 1%, unflavored milk

All items subject to change

