

### CHILDREN'S CENTER WEEKLY MENU

| <b>Monday</b> | <b>Tuesday</b>                                                                  | <b>Wednesday</b>                                                               | <b>Thursday</b>                                                        | <b>Friday</b>                                                                    |
|---------------|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------|------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| Holiday       | <b>Breakfast</b><br>Chex*<br>Peaches<br>Milk                                    | <b>Breakfast</b><br>HM Oatmeal*<br>Bananas<br>Milk                             | <b>Breakfast</b><br>HM Orange Zucchini<br>Bread*<br>Cantaloupe<br>Milk | <b>Breakfast</b><br>Bran Flakes*<br>Oranges<br>Milk                              |
| Holiday       | <b>Lunch</b><br>HM Macaroni and<br>Cheese*d<br>Mandarins<br>Green Beans<br>Milk | <b>Lunch</b><br>HM Egg Salad<br>Sandwiches*<br>Watermelon<br>Cucumbers<br>Milk | <b>Lunch</b><br>HM Lasagna* d<br>Mandarins<br>Milk                     | <b>Lunch</b><br>HM Spanish Rice<br>w/Veggies*<br>Refried Beans<br>Apples<br>Milk |
| Holiday       | <b>Snack</b><br>HM Trail Mix*<br>Pears<br>Water                                 | <b>Snack</b><br>Cheddar Cheese Chunks<br>Apples<br>Water                       | <b>Snack</b><br>HM Fall Harvest Muffins*<br>Milk                       | <b>Snack</b><br>Banana Popsicles<br>Graham Crackers*<br>Water                    |

d<sub>l</sub> 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