

CHILDREN'S CENTER WEEKLY MENU

Component	Monday Food/Serving	Tuesday Food/Serving	Wednesday Food/Serving	Thursday Food/Serving	Friday Food/Serving
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<i>Grain</i>	Chex* (1/2 oz)	Waffles* (1/2 oz)	Bran Flakes* (1/2 oz)	HM Carrot Apple Muffins* (1/2 oz)	Raisin Bread* (1/2 oz)
<i>Fruit/Veggie</i>	Apricots (1/2 cup)	Applesauce (1/2 cup)	Peaches (1/2 cup)	Oranges (1/2 cup)	Bananas (1/2 cup)
<i>Fluid Milk</i>	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)
<i>M/MA</i>					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Garden Spiral Pasta* (Brocc Noodle Cass) $\frac{d}{2}$ (1/2 oz)	Biscuits* (1/2 oz)	Elbow Macaroni* (1/2 oz)	Whole Wheat Bread* (1/2 oz)	Penne Pasta*$\frac{d}{2}$ (1/4 cup) (Baked Pasta)
<i>M/MA</i>	Cheese $\frac{d}{2}$ (1/2 oz)	Kidney Beans (1 oz) (Vegetarian Chili)	Cheese (Mac n Cheese)(1 oz)	Cheese (1.5 oz) (Grilled Cheese) $\frac{d}{2}$	Cheese (1.5 oz)
<i>Vegetable</i>	Broccoli (1/4 cup)	Mixed Veggies (1/4 cup)	Green Beans (1/4 cup)	Corn (1/4 cup)	Marinara Sauce (1/4 cup)
<i>Fruit or Veggie</i>	Oranges (1/4 cup)	Cantaloupe (1/4 cup)	Bananas (1/4 cup)	Watermelon (1/4 cup)	Apples (1/4 cup)
<i>Fluid Milk</i>	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)
Snack (2 only)	Snack	Snack	Snack	Snack	Snack
<i>Grain</i>	Graham Crackers* (1/2 oz)	HM Gingerbread (1/2 oz)	Trail Mix* (1/2 oz)	Saltine Crackers* (1/2 oz)	HM Bran Muffins* (1/2 oz)
<i>M/MA</i>			String Cheese (1 oz)	Hummus (1/2 cup)	
<i>Vegetable</i>	Pumpkin (1/2 cup) (Pumpkin Cream Cheese)				
<i>Fruit</i>					Cantaloupe (1/2 cup)
<i>Fluid Milk</i>		Milk (3/4 cup)			

Children 12-24 months are served whole, unflavored milk
 Children over 24 months are served 1%, unflavored milk

* indicates WGR foods
 $\frac{d}{2}$ indicates dairy foods

All items subject to change