

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>	Center Closed- Holiday	Cheerios* (1/2 oz)	Chex (1/2 oz)		HM Bran Muffins* (1/2 oz)
<i>Fruit/Veggie</i>		Mandarins (1/2 cup)	Pears (1/2 cup)	Apricots (1/4 cup)	Bananas (1/2 cup)
<i>Fluid Milk</i>		Milk (3/4 cup)	Milk (3/4 cup)	Milk (1/2 cup)	Milk (3/4 cup)
				Yogurt d (1/4 cup)	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Center Closed- Holiday	Polenta* (1/2 oz)	Brown Rice* (1/2 oz) (Spanish Rice)	Whole Wheat Bread* (1/2 oz)	Whole Wheat Tortillas (1/2 oz)
<i>M/MA</i>		Cheese (1 oz) (Cheesy Polenta Pie)	Black Beans (1/4 cup)	Cheese (1/2 oz) (Broccoli Cheese Soup)	Refried Beans (1 oz) (Bean Burritios)
<i>Vegetable</i>		Misc Vegetables (1/8 cup)	Peas and Carrots (1/8 cup)	Broccoli (1/8 cup)	Tomatos & Olives (1/8 cup)
<i>Fruit or Veggie</i>		Apples (1/8 cup)	Cantaloupe (1/8 cup)	Pears (1/8 cup)	Honeydew (1/8 cup)
<i>Fluid Milk</i>		Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)
Snack (2 only)	Snack	Snack	Snack	Snack	Snack
<i>Grain</i>	Center Closed- Holiday	Pita Bread * (1/2 oz)		Saltines* (1/2 oz)	Raisin Bread * (1/2 oz)
<i>M/MA</i>		HM Hummus (1/5 oz)	Cottage Cheese (1/2 oz)		Cream Cheese (1 oz)
<i>Vegetable</i>					
<i>Fruit</i>			Peaches (1/2 cup)	Misc Fruit (1/2 cup) (Smoothie Pops)	Bananas (1/2 cup)
<i>Fluid Milk</i>					

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

* indicates WGR foods
 d indicates dairy foods

All items subject to change