

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)	HM Sour Cream Pumpkin Muffins*d (1/2 oz)	HM Oatmeal* (1/2 oz)	HM Zucchini Muffins*d (1/2 oz)	Cheerios* (1/2 oz)
<i>Fruit/Veggie</i>	Apples (1/4 cup)	Bananas (1/4 cup)	Apples (1/4 cup)	Peaches (1/4 cup)	Cantaloupe (1/4 cup)
<i>Fluid Milk</i>	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)
<i>M/MA</i>					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Penne Pasta* (1/4 cup)	Biscuits*d (1/2 serving)	Brown Rice* (1/4 cup) (Spanish Rice)	Whole Wheat Bread* (1/2 slice)	Corn Tortilla* (1/2 serving)
<i>M/MA</i>	Cheese (1 oz)(Lasagna)	Cheese (1 oz)	Black Beans (1/4 cup)	Sliced Cheese (1 oz) (Grilled Cheese Sandwich)	String Cheese (1 each)
<i>Vegetable</i>	Green Beans (1/8 cup)	Corn (1/8 cup) (Corn Chowder)	Peas and Carrots (1/8 cup)	Peas and Carrots (1/8 cup)	Potatoes (1/8 cup) (Black Bean/Potato Enchiladas)
<i>Fruit or Veggie</i>	Pears (1/8 cup)	Honeydew (1/8 cup)	Pears (1/8 cup)	Watermelon (1/8 cup)	Bananas (1/8 cup)
<i>Fluid Milk</i>	Milk (1/2 cup)	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>	Trail Mix *d (1/2 oz)			Graham Crackers *d (1/2 oz)	Waffles *d (1/2 oz)
<i>M/MA</i>	String Cheese (1 serving)	Cottage Cheese (1/2 oz)	HM Yogurt Pops (1 serving)		Cheddar Cheese Chunks (1/2 oz)
<i>Vegetable</i>					
<i>Fruit</i>		Peaches (1/2 cup)	Mandarins (1/2 cup)	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