

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> | Cheerios* (1/2 oz) | HM Oatmeal (1/2 oz) | HM Pumpkin Muffins* (1/2 oz) | Raisin Bread* d (1/2 oz) | HM Apple Muffins* (1/2 oz) |
| <i>Fruit/Veggie</i> | Mandarins (1/4 cup) | Bananas (1/4 cup) | Pears (1/4 cup) | Applesauce (1/4 cup) | Bananas (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> | Elbow Macroni* (1/2 oz) | Tortilla Chips (1/2 oz) (Chiliquiles) | Biscuits*d (1/2 oz) | Whole Wheat Tortillas (1/2 oz) (Chiliquilas) | Whole Wheat Bread* (1/2 oz) |
| <i>M/MA</i> | Cheese (1 oz)(Mac n Cheese) | Black Beans (1/2 cup) | String Cheese (1 serving) | Cheese (1 oz) | Eggs (3/4 serving) (Egg Puff) |
| <i>Vegetable</i> | Green Beans (1/8 cup) | Tomato Sauce (1/8 cup) | Misc Vegetable (1/8 cup) (Bean Soup) | Black Beans (1/8 cup) | Zucchini (1/8 cup) |
| <i>Fruit or Veggie</i> | Apples (1/8 cup) | Honeydew (1/8 cup) | Bananas (1/8 cup) | Honeydew (1/8 cup) | Pears (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> | Goldfish Crackers *d (1/2 oz) | | Saltine Crackers* (1/2 oz) | Graham Crackers* (1/2 oz) | Pita Bread* (1/2 oz) |
| <i>M/MA</i> | String Cheese (1 Serv) | Cottage Cheese (1/2 oz) | | | HM Hummus (1/2 oz) |
| <i>Vegetable</i> | | | | | |
| <i>Fruit</i> | | Peaches (1/2 cup) | Orange Juice (1/2 cup) | Banana Popsicles (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