

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>	Waffles* (1/2 oz)	Cheerios GF (1/2 oz)	HM Oatmeal*(1/2 oz)	HM Bran Muffins* (1/2 oz)	Bagels*(1/2 oz)
<i>Fruit/Veggie</i>	Applesauce (1/2 cup)	Apples (1/2 cup)	Blueberries (1/2 cup)	Honeydew (1/2 cup)	Apricots (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>	Tortilla Chips (1/2 oz) (Chilaquillas) GF	Brown Rice (1/2 oz) (Spanish Rice) GF	Rye Bread* (1/2 oz)	Corn Tortillas (1/2 oz) GF	Whole Wheat Tortillas* (1/2 oz)
<i>M/MA</i>	Black Beans (1/2 cup)	Black beans (1/2 cup)	Beans (1/5 oz)	Refried beans (1/2 cup) (Tortilla Cass)	Cheese (1.5 oz)(Quesadillas)
<i>Vegetable</i>	Tomato Sauce (1/4 cup)	Peas and Carrots (1/4 cup)	Misc Veggies (1/4) (Bean Stew)	Tomato Sauce (1/4 cup)	Broccoli (1/4)
<i>Fruit or Veggie</i>	Oranges (1/4 cup)	Peaches (1/4 cup)	Pears (1/4 cup)	Apples (1/4 cup)	Watermelon (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>		Saltine Crackers* (1/2 oz)	Trail Mix* (1/2 oz)	Saltine Crackers* (1/2 oz)	
<i>M/MA</i>	Yogurt (1/2 oz)	String Cheese (1/5 oz)			Cottage Cheese (1/5 oz)
<i>Vegetable</i>					
<i>Fruit</i>	Apricots (1/2 cup)		Oranges (1/2 cup)	Banana Pops (1/2 cup)	Pineapple (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

GF indicates glutenfree

All items subject to change