

## CHILDREN'S CENTER WEEKLY MENU

Component	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<i>Grain</i>	<b>Waffles*</b> (1/2 oz)	<b>Cheerios GF</b> (1/2 oz)	<b>HM Oatmeal*</b> (1/2 oz)	<b>HM Bran Muffins*</b> (1/2 oz)	<b>Bagels*</b> (1/2 oz)
<i>Fruit/Veggie</i>	<b>Applesauce</b> (1/4 cup)	<b>Apples</b> (1/4 cup)	<b>Blueberries</b> (1/4 cup)	<b>Honeydew</b> (1/4 cup)	<b>Apricots</b> (1/4 cup)
<i>Fluid Milk</i>	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)
<i>M/MA</i>					
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<i>Grain</i>	<b>Tortilla Chips</b> (1/2 oz) (Chilaquillas) GF	<b>Brown Rice GF</b> (1/2 oz) (Spanish Rice)	<b>Rye Bread*</b> (1/2 oz)	<b>Corn Tortillas</b> (1/2 oz) GF	<b>Whole Wheat Tortillas*</b> (1/2 oz)
<i>M/MA</i>	<b>Black Beans</b> (1/2 cup)	<b>Black Beans</b> (1/4 cup)	<b>Beans</b> (1 oz)	<b>Refried Beans</b> (1/4 cup) (Tortilla Cass)	<b>Cheese</b> (1 oz)(Quesadillas)
<i>Vegetable</i>	<b>Tomato Sauce</b> (1/4 cup)	<b>Peas and Carrots</b> (1/8 cup)	<b>Misc Veggies</b> (1/8 cup) (Bean Stew)	<b>Tomato Sauce</b> (1/8 cup)	<b>Broccoli</b> (1/8 cup)
<i>Fruit or Veggie</i>	<b>Mandarins</b> (1/4 cup)	<b>Peaches</b> (1/8 cup)	<b>Pears</b> (1/8 cup)	<b>Apples</b> (1/8 cup)	<b>Watermelon</b> (1/8 cup)
<i>Fluid Milk</i>	<b>Milk</b> (3/4 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)
<b>Snack (2 only)</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
<i>Grain</i>		<b>Saltine Crackers *</b> (1/2 oz)	<b>Trail Mix *d</b> (1/2 oz)	<b>Saltine Crackers *</b> (1/2 oz)	
<i>M/MA</i>	<b>Yogurt</b> (1/5 oz)	<b>String Cheese</b> (1/5 oz)			<b>Cottage Cheese</b> (1/5 oz)
<i>Vegetable</i>					
<i>Fruit</i>	<b>Apricots</b> (1/2 cup)		<b>Mandarins</b> (1/2 cup)	<b>Banana Pops</b> (1/2 cup)	<b>Pineapple</b> (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 gluten free

All items subject to change