

**CHILDREN'S CENTER WEEKLY MENU**

<b>Component</b>	<b>Monday Food/Serving</b>	<b>Tuesday Food/Serving</b>	<b>Wednesday Food/Serving</b>	<b>Thursday Food/Serving</b>	<b>Friday Food/Serving</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<i>Grain</i>	<b>Cheerios*</b> (1/2 oz)	<b>English Muffins*</b> (1/2 oz)	<b>HM Oatmeal</b> (1/2 oz)		<b>Bran Flakes*</b> (1/2 oz)
<i>Fruit/Veggie</i>	<b>Oranges</b> (1/2 cup)	<b>Pears</b> (1/2 cup)	<b>Apples</b> (1/2 cup)	<b>Apricots</b> (1/2 cup)	<b>Oranges</b> (1/2 cup)
<i>Fluid Milk</i>	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)
				<b>Yogurt</b> (1/4 cup)	
<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) (Chilaquilas)	<b>Whole Wheat Tortillas*</b> (1/2 oz)	<b>Bagels*</b> (1/2 oz)	<b>Elbow macaroni*</b> (1/2 oz)	<b>Whole Wheat Bread*</b> (1/2 oz)
<i>M/MA</i>	<b>Refried Beans</b> (1/2 cup)	<b>Refried beans</b> (1/2 cup) (Bean Burrito)	<b>Cheese</b> (1.5 oz) Bagel Pizza)	<b>Cheese</b> (Mac n Cheese)(1.5 oz)	<b>Cheese</b> (1.5 oz) (Broccoli Cheese Soup)
<i>Vegetable</i>	<b>Tomato Sauce</b> (1/4 cup)	<b>Tomatos &amp; Olives</b> (1/4 cup)	<b>Tomato Sauce</b> (1/4 cup)	<b>Green Beans</b> (1/4 cup)	<b>Broccoli</b> (1/4 cup)
<i>Fruit or Veggie</i>	<b>Peaches</b> (1/4 cup)	<b>Honeydew</b> (1/4 cup)	<b>Pineapple</b> (1/4 cup)	<b>Oranges</b> (1/4 cup)	<b>Pears</b> (1/4 cup)
<i>Fluid Milk</i>	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 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>Raisin Bread*</b> (1/2 oz)		<b>Saltines *</b> (1/2 oz)	<b>Graham Crackers*d</b> (1/2 oz)
<i>M/MA</i>	<b>Cheese Chunks</b> (1/2 oz)		<b>Cottage Cheese</b> (1/2 oz)		
<i>Vegetable</i>					<b>Pumpkin</b> (1/4 cup) (Pumpkin Cream Cheese)
<i>Fruit</i>		<b>Bananas</b> (1/2 cup)	<b>Peaches</b> (1/2 cup)	<b>Misc Fruit</b> (1/2 cup) (Smoothie s)	
<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<sub>l</sub> indicates dairy foods

**All items subject to change**