

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)	English Muffins* (1/2 oz)	HM Oatmeal (1/2 oz)		Bran Flakes* (1/2 oz)
<i>Fruit/Veggie</i>	Mandarins (1/2 cup)	Pears (1/2 cup)	Apples (1/4 cup)	Apricots (1/4 cup)	Mandarins (1/2 cup)
<i>Fluid Milk</i>	Milk (3/4 cup)	Milk (3/4 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (3/4 cup)
				Yogurt d_l (1/4 cup)	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Tortilla Chips (1/2 oz) (Chilaquillas)	Whole Wheat Tortillas (1/2 oz)	Bagels* (1/2 oz)	Elbow macaroni* (1/2 oz)	Whole Wheat Bread* (1/2 oz)
<i>M/MA</i>	Refried Beans (1/4 cup)	Refried Beans (1 oz) (Bean Burritos)	Cheese (1 oz) (HM Pizza Bagels)	Cheese (Mac n Cheese)(1 oz)	Cheese (1/2 oz) (Broccoli Cheese Soup)
<i>Vegetable</i>	Tomato Sauce (1/8 cup)	Tomatos & Olives (1/8 cup)	Tomato Sauce (1/8 cup)	Green Beans (1/8 cup)	Broccoli (1/8 cup)
<i>Fruit or Veggie</i>	Peaches (1/8 cup)	Honeydew (1/8 cup)	Pineapple (1/8 cup)	Mandarins (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>	Saltine Crackers* (1/2 oz)	Raisin Bread * (1/2 oz)		Graham Crackers* (1/2 oz)	Graham Crackers *d_l (1/2 oz)
<i>M/MA</i>	Cheese Chunks (1 oz)		Cottage Cheese (1/2 oz)		
<i>Vegetable</i>					Pumpkin (1/4 cup) (Pumpkin Cream Cheese)
<i>Fruit</i>		Bananas (1/2 cup)	Peaches (1/2 cup)	Misc Fruit (1/2 cup) (Smoothie)	
<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_l indicates dairy foods

All items subject to change