

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>	Apricots (1/2 cup)	Pears (1/2 cup)	Apples (1/2 cup)	Apricots (1/2 cup)	Oranges (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)
				Yogurt (1/4 cup)	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Elbow macaroni* (1/2 oz)	Whole Wheat Tortillas* (1/2 oz)	Bagels* (1/2 oz)	Tortilla Chips (1/2 oz) (Chilaquilas)	Whole Wheat Bread* (1/2 oz)
<i>M/MA</i>	Cheese (Mac n Cheese)(1.5 oz)	Refried beans (1/2 cup) (Bean Burrito)	Cheese (1.5 oz) Bagel Pizza)	Refried Beans (1/2 cup)	Cheese (1.5 oz) (Broccoli Cheese Soup)
<i>Vegetable</i>	Green Beans (1/4 cup)	Tomatos & Olives (1/4 cup)	Tomato Sauce (1/4 cup)	Tomato Sauce (1/4 cup)	Broccoli (1/4 cup)
<i>Fruit or Veggie</i>	Oranges (1/4 cup)	Honeydew (1/4 cup)	Pineapple (1/4 cup)	Peaches (1/4 cup)	Pears (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)	Raisin Bread* (1/2 oz)		Saltines * (1/2 oz)	Graham Crackers*d (1/2 oz)
<i>M/MA</i>	Cheese Chunks (1/2 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 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 indicates dairy foods

All items subject to change