

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>	Chex (1/2 oz) GF	Oats* (1/2 oz) (HM Oatmeal)	HM Apple Muffins* (1/2 oz)	Chex (1/2 oz) GF	Waffles* (1/2 oz)
<i>Fruit/Veggie</i>	Apples (1/2 cup)	Blueberries (1/2 cup)	Apricots (1/2 cup)	Bananas (1/2 cup)	Applesauce (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>	Penne Pasta* (1/2 oz) (Baked Pasta)	Corn Tortilla Chips (1/2 oz) GF	Brown Rice (1/2 oz) GF (Spanish Rice)	Bagels* (1/2 oz)	Rye Bread* (1/2 oz)
<i>M/MA</i>	Cheese (1.5 oz)	Refried Beans (1.5 oz)	Black Beans (1.5 oz)	Cheese (1.5 oz) (HM Bagel Pizzas)	Cheese (1.5 oz) (Broccoli Cheese Soup)
<i>Vegetable</i>	Green Beans (1/4 cup)	Tomato Sauce (1/4 cup) (Chilaquillas)	Peas and Carrots (1/4 cup)	Olives (1/4 cup)	Broccoli (1/4 cup)
<i>Fruit or Veggie</i>	Peaches (1/4 cup)	Cantaloupe (1/4 cup)	Honeydew (1/4 cup)	Oranges (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)
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Snack (2 only)	Snack	Snack	Snack	Snack	Snack
<i>Grain</i>	Saltine Crackers* (1/2 oz)	HM Trail Mix* (1/2 oz)		Raisin Bread* (1/2 oz)	Pita Bread* (1/2 oz)
<i>M/MA</i>	Hummus (1/2 oz)	String Cheese (1/2 oz)	Cottage Cheese (1/2 oz)	Cheddar Cheese Chunks (1/2 oz)	
<i>Vegetable</i>					
<i>Fruit</i>			Pineapple (1/2 cup)		Misc Fruit (1/2 cup) (HM Smoothie Pops)
<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 GF indicates gluten free
 d_l indicates dairy foods HM indicates homemade

All items subject to change