

**CHILDREN'S CENTER WEEKLY MENU**

<b>Component</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</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>HM Oatmeal*</b> (1/2 oz)	<b>Bran Flakes*</b> (1/2 cup)	<b>Bagels*</b> (1/2 oz)	<b>Raisin Bread*</b> (1/2 oz)
<i>Fruit/Veggie</i>	<b>Apples</b> (1/4 cup)	<b>Blueberries</b> (1/4 cup)	<b>Pears</b> (1/2 cup)	<b>Apricots</b> (1/4 cup)	<b>Bananas</b> (1/2 cup)
<i>Fluid Milk</i>	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (3/4 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>Garden Spiral Pasta*</b> (HM Broccoli Noodle Casserole) d (1/2 oz)	<b>Penne Pasta*</b> (1/2 oz)	<b>Tortilla Chips</b> (1/2 oz) (Chilaquillas)	<b>Whole Wheat Bread*</b> (1/2 oz)	<b>Corn Tortillas</b> (1/2 oz)
<i>M/MA</i>	<b>Cheese</b> d (1/2 oz)	<b>Cheese</b> (1 oz)(Baked Pasta)	<b>Black Beans</b> (1/4 cup)	<b>Cheese</b> (Grilled Cheese)(1 oz)	<b>Refried Beans</b> (1/4 cup) (Tortilla Cass)
<i>Vegetable</i>	<b>Broccoli</b> (1/8 cup)	<b>Marinara Sauce</b> (1/8 cup)	<b>Tomato Sauce</b> (1/8 cup)	<b>Green Beans</b> (1/8 cup)	<b>Tomato Sauce</b> (1/8 cup)
<i>Fruit or Veggie</i>	<b>Mandarins</b> (1/8 cup)	<b>Apples</b> (1/8 cup)	<b>Pears</b> (1/8 cup)	<b>Watermelon</b> (1/8 cup)	<b>Peaches</b> (1/8 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)
<b>Snack (2 only)</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
<i>Grain</i>	<b>Graham Crackers *</b> (1/2 oz)	<b>Trail Mix *</b> (1/2 oz)		<b>Saltine Crackers *</b> (1/2 oz)	<b>HM Bran Muffins *</b> (1/2 oz)
<i>M/MA</i>			<b>Cottage Cheese</b> (1/2 oz)		
<i>Vegetable</i>	<b>Pumpkin</b> (1/2 cup) (Pumpkin Cream Cheese Spread)				
<i>Fruit</i>		<b>Banana Pops</b> (1/2 cup)	<b>Peaches</b> (1/2 cup)	<b>Orange Juice Pops</b> (1/2 cup)	<b>Apricots</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

**All items subject to change**