

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)	HM Orange Zucchini Bread* (1/2 oz)	HM Blueberry Muffins*d_g (1/2 oz)	HM Oatmeal (1/2 oz)	Raisin Bread* (1/2 oz)
<i>Fruit/Veggie</i>	Apples (1/4 cup)	Bananas (1/4 cup)	Peaches (1/4 cup)	Blueberries (1/4 cup)	Bananas (1/2 cup)
<i>Fluid Milk</i>	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (3/4 cup)
<i>M/MA</i>					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Tortilla Chips (1/2 oz) (Chilaquilas)	Biscuits*d_g (1/2 oz)	Garden Spiral Noodles* (1/2 oz)	Corn Tortillas (1/2 oz)	Whole Wheat Bread* (1/2 oz)
<i>M/MA</i>	Black Beans (1/4 cup)	Cheese (1/2 oz) (Broccoli Cheese Soup)	Cheese (1 oz) (Broccoli Noodle Cass)d _g	Refried Beans (1/4 cup) (Tortilla Cass)	Cheese (Grilled Cheese)(1 oz)
<i>Vegetable</i>	Tomato Sauce (1/8 cup)	Broccoli (1/8 cup)	Broccoli (1/8 cup)	Tomato Sauce (1/8 cup)	Green Beans (1/8 cup)
<i>Fruit or Veggie</i>	Pears (1/8 cup)	Cantaloupe (1/8 cup)	Mandarins (1/8 cup)	Peaches (1/8 cup)	Watermelon (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>	Pita Bread * (1/2 oz)	Spinach Tortillas* (1/2 oz) (Cream Cheese Wraps)	HM Baked Oatmeal*d_g (1/2 oz)	Saltine Crackers * (1/2 oz)	HM Scones*d_g (1/2 oz)
<i>M/MA</i>	Cheese Chunks (1/5 oz)				
<i>Vegetable</i>					
<i>Fruit</i>		Apricots (1/2 cup)	Apples (1/2 cup)	Orange Juice Pops (1/2 cup)	Apricots (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_g indicates dairy foods

All items subject to change