

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>	HM Oatmeal* (v) (1/2 oz)	HM Sour Cream Pumpkin Muffins* _d (1/2 oz)	HM Bran Muffins* (1/2 oz)		Raisin Bread* (1/2 oz)
<i>Fruit/Veggie</i>	Mandarins (1/4 cup)	Apricots (1/4 cup)	Raspberries (1/4 cup)	Cantaloupe (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>				HM Egg Puff _d (1/2 oz)	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Brown Rice * _d (1/2 oz) (HM Cheese-Olive Casserole)	Whole Wheat Bread* (1/2 oz) (Grilled Cheese (_d) & HM Butternut Squash Soup (v))	Bagel* (1/2 oz) (Pizza)	Macaroni* (1/2 oz) (HM Vegetable Minestrone Soup) (v)	Biscuits* _d (1/2 oz) (HM Vegetarian Chili) (v)
<i>M/MA</i>	Cheese _d (1/4 cup)	Cheese _d (1/2 oz)	Cheese _d (1 oz)	Kidney Beans (1/4 cup)	Black Beans (1 oz)
<i>Vegetable</i>	Green Beans (1/8 cup)	Butternut Squash (1/8 cup)	Tomato Sauce (1/8 cup)	Mixed Vegetables (1/8 cup)	Tomatoes (1/8 cup)
<i>Fruit or Veggie</i>	Peaches (1/8 cup)	Apples (1/8 cup)	Mango (1/8 cup)	Mandarins (1/8 cup)	Pear (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)		Oats* _d (HM Baked Apple Wedges) (1/2 oz)	HM Carrot Apple Muffins* (1/2 oz)	HM Banana Cookies* (1/2 oz)
<i>M/MA</i>	Hummus (v) (1/2oz)	HM Yogurt Pops _d (1/2 oz)			
<i>Vegetable</i>					
<i>Fruit</i>		Pineapple (1/2 cup)	Apples (1/2 cup)	Peaches (1/2 cup)	Watermelon (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
 (v) indicates vegan foods

All items subject to change