

Toddler

Date 4/3/23-4/7/23

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 Blueberry Muffins* (1/2 serving)	HM Oatmeal* (1/4 cup)	HM Orange Zucchini Muffins* (1/2 serving)	Baked French Toast*d_l (1/2 slice)
<i>Fruit/Veggie</i>	Pears (1/4 cup)	Apples (1/4 cup)	Bananas (1/4 cup)	Peaches (1/4 cup)	Pears (1/4 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)
<i>M/MA</i>					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Penne Pasta*d_l (1/4 cup) (Baked Pasta)	Polenta*d_l (1/4 cup) (Polenta & Roasted Veg Pie)	Brown Rice* (1/4 cup) (Spanish Rice)	Whole Wheat Bread* (1/2 slice) (Grilled Cheese Sandwich)	Corn Tortilla* (1/2 slice) (Chilaquiles)
<i>M/MA</i>	Kidney Beans (1/4 cup)	Cheese (1 oz)	Black Beans (1/4 cup)	Sliced Cheese (1 oz)	Black Beans (1/4 cup)
<i>Vegetable</i>	Green Beans (1/8 cup)	Roasted Veg (1/8 cup)	Corn (1/8 cup)	Peas and Carrots (1/8 cup)	Green Beans (1/8 cup)
<i>Fruit or Veggie</i>	Bananas (1/8 cup)	Honeydew (1/8 cup)	Mandarins (1/8 cup)	Watermelon (1/8 cup)	Bananas (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>	Graham Crackers* (1/2 oz)			Applesauce Cookies* (1/2 oz)	Saltines (1/2 oz)
<i>M/MA</i>		Cottage Cheese (1/2 oz)	HM Yogurt Pops (1/2 oz)	String Cheese (1 serving)	Cheddar Cheese Chunks (1/2 oz)
<i>Vegetable</i>					
<i>Fruit</i>	Cantaloupe (1/2 cup)	Apricots (1/2 cup)	Bananas (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_l indicates dairy foods

All items subject to change