

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)	HM Baked Oatmeal*d_l (1/2 oz)	HM Baked French Toast*d_l (1/2 oz)	Oatmeal* (1/2 oz)	Waffles* (1/2 oz)
<i>Fruit/Veggie</i>	Pears (1/4 cup)	Apples (1/4 cup)	Bananas (1/4 cup)	Blueberries (1/4 cup)	Applesauce (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>	Spaghetti Noodles* (1/2 oz)	Whole Wheat Tortillas* (1/2 oz)	Biscuits*d_l (1/2 oz)	Corn Tortillas (1/2 oz)	English Muffins* (1/2 oz)
<i>M/MA</i>	Cheese (1 oz)(Spaghetti Pie)	Eggs (3/4 serving) (Breakfast Burritos)	String Cheese (1 oz)	Refried Beans (1/4 cup)(Tortilla Cass)	Cheese (1 oz) (English Muffin Pizza)
<i>Vegetable</i>	Marinara Sauce (1/8 cup)	Potatoes (1/8 cup)	Corn (1/8 cup) (Corn Chowder)	Tomato Sauce (1/8 cup)	Tomato Sauce (1/8 cup)
<i>Fruit or Veggie</i>	Peaches (1/8 cup)	Mandarins (1/8 cup)	Honeydew (1/8 cup)	Apples (1/8 cup)	Pineapple (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>	Trail Mix *d_l (1/2 oz)	Graham Crackers *d_l (1/2 oz)	Whole Wheat Crackers*d_l (1/2 oz)	HM Applesauce Cookies* (1/2 oz)	HM Bran Muffins* (1/2 oz)
<i>M/MA</i>	String Cheese (1 serving)	Yogurt (1/2 oz)			
<i>Vegetable</i>					
<i>Fruit</i>			100% Orange Juice (1/2 cup)(OJ Popsicles)	Bananas (1/2 cup)	
<i>Fluid Milk</i>					Milk (1/2 cup)

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