

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 Pear Scones* (1/2 oz)	English Muffins* (1/2 oz)	HM Oatmeal (1/2 oz)	HM Banana Bread*d (1/2 oz)
<i>Fruit/Veggie</i>	Mandarins (1/4 cup)	Apples (1/4 cup)	Applesauce (1/4 cup)	Blueberries (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)
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Whole Wheat Bread* (1/2 oz)	Penne Pasta* (1/2 oz)	Whole Wheat Bread* (1/2 oz)	Garden Spiral Noodles* (1/2 oz)	Whole Wheat Tortillas (1/2 oz)
<i>M/MA</i>	Sliced Cheese (1 oz) (Grilled Cheese Sandwich)	Cheese (1 oz)(Baked Pasta)	Eggs (3/4 serving) (Egg Salad Sandwich)	Cheese (1 oz) (Broccoli Noodle Cass) d	Cheese (1 oz) (Quesadillas) d
<i>Vegetable</i>	Peas and Carrots (1/8 cup)	Marinara Sauce (1/8 cup)	Peas and Carrots (1/8 cup)	Broccoli (1/8 cup)	Black Beans (1/8 cup)
<i>Fruit or Veggie</i>	Mandarins (1/8 cup)	Watermelon (1/8 cup)	Pears (1/8 cup)	Mandarins (1/8 cup)	Peaches (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>	Goldfish Crackers *d (1/2 oz)	Graham Crackers * (1/2 oz)	Saltine Crackers* (1/2 oz)		Graham Crackers* (1/2 oz)
<i>M/MA</i>	String Cheese (1 Serv)	Yogurt (1/4 cup) (Frozen Yogurt Pops)		Cottage Cheese (1/2 oz)	
<i>Vegetable</i>					
<i>Fruit</i>			100% Orange Juice (1/2 cup)	Peaches (1/2 cup)	Misc Fruits (1/2 cup) (Smoothies)
<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
All items subject to change