

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)	Bagels* (1/2 oz)	HM Oatmeal (1/2 oz)	Waffles* d (1/2 oz)	HM Apple Muffins* (1/2 oz)
<i>Fruit/Veggie</i>	Mandarins (1/2 cup)	Applesauce (1/2 cup)	Blueberries (1/4 cup)	Bananas (1/2 cup)	Mandarins (1/2 cup)
<i>Fluid Milk</i>	Milk (3/4 cup)	Milk (3/4 cup)	Milk (1/2 cup)	Milk (3/4 cup)	Milk (3/4 cup)
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Brown Rice (1/2 oz)	Tortilla Chips (1/2 oz) (Chilaquitas)	Spaghetti* (1/2 oz)	Whole Wheat Bread* (1/2 oz)	Lasagna Noodles* (1/2 oz)
<i>M/MA</i>	Cheese (1 oz) (Cheese Olive Rice)	Black Beans (1/2 cup)	Cheese (1.5 oz) (Spaghetti Pie)	Sliced Cheese (1 oz) (Grilled Cheese Sandwich)	Cheese (1.5 oz) (Lasagna)
<i>Vegetable</i>	Olives (1/4 cup)	Tomato Sauce (1/4 cup)	Marinara Sauce (1/4 cup)	Peas and Carrots (1/8 cup)	Kidney Beans (1/4 cup)
<i>Fruit or Veggie</i>	Peaches (1/4 cup)	Honeydew (1/4 cup)	Cantaloupe (1/4 cup)	Mandarins (1/8 cup)	Cantaloupe (1/4 cup)
<i>Fluid Milk</i>	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (1/2 cup)	Milk (3/4 cup)
Snack (2 only)	Snack	Snack	Snack	Snack	Snack
<i>Grain</i>	Raisin Bread*d (1/2 oz)	Trail Mix*d (1/2 oz)		Saltine Crackers* (1/2 oz)	Graham Crackers*d (1/2 oz)
<i>M/MA</i>			Cottage Cheese (1/2 oz)	Cheese Chunks (1.5 oz)	
<i>Vegetable</i>					
<i>Fruit</i>	Bananas (1/2 cup)	Mandarins (1/2 cup)	Peaches (1/2 cup)		Apples (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

All items subject to change