

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*_d (1/2 oz)	Bran Flakes* (1/2 oz)	HM Banana Bread*_d (1/2 oz)	Bagels* (1/2 oz)
<i>Fruit/Veggie</i>	Apples (1/4 cup)	Bananas (1/4 cup)	Watermelon (1/4 cup)	Mandarins (1/4 cup)	Apricots (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>	Elbow macaroni* (1/2 oz)	Brown Rice* (1/2 oz) (Spanish Rice)	Corn Tortillas (1/2 oz)	Tortilla Chips (1/2 oz) (Chilaquillas)	Penne Pasta* (1/2 oz)
<i>M/MA</i>	Cheese (Mac n Cheese)(1 oz)	Black Beans (1/4 cup)	Refried Beans (1/4 cup) (Tortilla Cass)	Black Beans (1/4 cup)	Cheese (1 oz)(Baked Pasta)
<i>Vegetable</i>	Green Beans (1/8 cup)	Peas and Carrots (1/8 cup)	Tomato Sauce (1/8 cup)	Tomato Sauce (1/8 cup)	Marinara Sauce (1/8 cup)
<i>Fruit or Veggie</i>	Mandarins (1/8 cup)	Honeydew (1/8 cup)	Pears (1/8 cup)	Honeydew (1/8 cup)	Pears (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)	Saltine Crackers * (1/2 oz)	Graham Crackers *_d (1/2 oz)	Goldfish Crackers *_d (1/2 oz)	Graham Crackers *_d (1/2 oz)
<i>M/MA</i>	Cheese Chunks (1/5 oz)		Yogurt (1/4 cup)	String Cheese (1/2 oz)	
<i>Vegetable</i>					
<i>Fruit</i>		Orange Juice Pops (1/2 cup)			Misc Fruit Smoothies (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