

**CHILDREN'S CENTER WEEKLY MENU**

<b>Component</b>	<b>Monday Food/Serving</b>	<b>Tuesday Food/Serving</b>	<b>Wednesday Food/Serving</b>	<b>Thursday Food/Serving</b>	<b>Friday Food/Serving</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<i>Grain</i>	<b>Chex</b> (1/2 oz)	<b>HM Blueberry Muffins *d<sub>l</sub></b> (1/2 oz)		<b>Waffles* d<sub>l</sub></b> (1/2 oz)	CENTER CLOSED
<i>Fruit/Veggie</i>	<b>Apples</b> (1/4 cup)	<b>Bananas</b> (1/4 cup)	<b>Peaches</b> (1/4 cup)	<b>HM Applesauce</b> (1/4 cup)	
<i>Fluid Milk</i>	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)	
<i>M/MA</i>			<b>Yogurt</b> (1/4 cup)		
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<i>Grain</i>	<b>Elbow Macroni*</b> (1/2 oz)	<b>Whole Wheat Tortillas</b> (1/2 oz) (Bean Burritos)	<b>Polenta*</b> (1/2 oz)	<b>Tortilla Chips</b> (1/2 oz) (Chilaquillas)	CENTER CLOSED
<i>M/MA</i>	<b>Cheese</b> (1 oz)(Mac n Cheese)	<b>Refried Beans</b> (1/4 cup)	<b>Cheese</b> (1 oz)(Cheesy Polenta Pie)	<b>Refried Beans</b> (1/4 cup)	
<i>Vegetable</i>	<b>Green Beans</b> (1/8 cup)	<b>Tomatos &amp; Olives</b> (1/8 cup)	<b>Misc Veggies</b> (1/8 cup)	<b>Tomato Sauce</b> (1/8 cup)	
<i>Fruit or Veggie</i>	<b>Mandarins</b> (1/8 cup)	<b>Honeydew</b> (1/8 cup)	<b>Watermelon</b> (1/8 cup)	<b>Honeydew</b> (1/8 cup)	
<i>Fluid Milk</i>	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)	
<b>Snack (2 only)</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
<i>Grain</i>	<b>Pita Bread*</b> (1/2 oz)	<b>Graham Crackers *d<sub>l</sub></b> (1/2 oz)	<b>HM Cranberry Scones*</b> (1/2 oz)	<b>HM Yummy Crumb Cake*d<sub>l</sub></b> (1/2 oz)	CENTER CLOSED
<i>M/MA</i>	<b>HM Hummus</b> (1/2 oz)				
<i>Vegetable</i>					
<i>Fruit</i>		<b>Misc Fruits</b> (1/2 cup) (Smoothie Pops)			
<i>Fluid Milk</i>			<b>Milk</b> (1/2 cup)	<b>Milk</b> (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<sub>l</sub> indicates dairy foods

**All items subject to change**