

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 Oatmeal* (1/2 oz)	Raisin Bread* (1/2 oz)	Bagels* (1/2 oz)	HM Bran Muffins* (1/2 oz)
<i>Fruit/Veggie</i>	Apples (1/4 cup)	Blueberries (1/4 cup)	Bananas (1/2 cup)	Apricots (1/4 cup)	Peaches (1/4 cup)
<i>Fluid Milk</i>	Milk (1/2 cup)	Milk (1/2 cup)	Milk (3/4 cup)	Milk (1/2 cup)	Milk (1/2 cup)
<i>M/MA</i>					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Brown Rice *_d (1/2 oz) (HM Cheese-Olive Casserole)	Penne Pasta* (1/2 oz)	Tortilla Chips (1/2 oz) (Chilaquillas)	Corn Tortillas (1/2 oz)	Whole Wheat Bread* (1/2 oz)
<i>M/MA</i>	Cheese _d (1/4 cup)	Cheese (1 oz)(Baked Pasta)	Black Beans (1/4 cup)	Refried Beans (1/4 cup) (Tortilla Cass)	Cheese (Grilled Cheese)(1 oz)
<i>Vegetable</i>	Green Beans (1/8 cup)	Marinara Sauce (1/8 cup)	Tomato Sauce (1/8 cup)	Tomato Sauce (1/8 cup)	Green Beans (1/8 cup)
<i>Fruit or Veggie</i>	Peaches (1/8 cup)	Apples (1/8 cup)	Pears (1/8 cup)	Peaches (1/8 cup)	Watermelon (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>	Saltine Crackers * (1/2 oz)	Graham Crackers * (1/2 oz)	Trail Mix *_d (1/2 oz)	Saltine Crackers * (1/2 oz)	HM Scones*_d (1/2 oz)
<i>M/MA</i>	Cheese Chunks (1/2 oz)				
<i>Vegetable</i>					
<i>Fruit</i>		Banana Pops (1/2 cup)	Cantaloupe (1/2 cup)	Orange Juice Pops (1/2 cup)	Apricots (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