

**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>Cheerios*</b> (1/3 cup)	<b>English Muffins*</b> (1/2 slice)	<b>HM Fall Harvest Muffins*</b> (1/2 serving)	<b>Bran Flakes*</b> (1/3 cup)	<b>HM Baked Oatmeal*</b> (1/2 serving)
<i>Fruit/Veggie</i>	<b>Mandarins</b> (1/2 cup)	<b>Applesauce</b> (1/2 cup)	<b>Watermelon</b> (1/2 cup)	<b>Bananas</b> (1/4 cup)	<b>Apples</b> (1/4 cup)
<i>Fluid Milk</i>	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 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> (1/4 cup)	<b>Tortilla Chips</b> (1/4 cup) (Chilaquillas)	<b>Whole Wheat Bread*</b> (1/2 slice)	<b>Biscuits*</b> (1/2 serving)	<b>Penne Pasta*</b> (1/4 cup)
<i>M/MA</i>	<b>Cheese</b> (1 oz)(Mac n Cheese)	<b>Refried Beans</b> (1/4 cup)	<b>Eggs</b> (3/4 serving) (Egg Salad Sandwich)	<b>Cheese</b> (1 oz) (Potato Cheese Soup)d	<b>Cheese</b> (1 oz)(Baked Pasta)
<i>Vegetable</i>	<b>Green Beans</b> (1/8 cup)	<b>Tomato Sauce</b> (1/8 cup)	<b>Peas and Carrots</b> (1/4 cup)	<b>Potatoes</b> (1/8 cup)	<b>Marinara Sauce</b> (1/8 cup)
<i>Fruit or Veggie</i>	<b>Apples</b> (1/8 cup)	<b>Peaches</b> (1/8 cup)	<b>Pears</b> (1/4 cup)	<b>Mandarins</b> (1/8 cup)	<b>Watermelon</b> (1/8 cup)
<i>Fluid Milk</i>	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (3/4 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>Goldfish Crackers *d</b> (1/2 oz)	<b>Graham Crackers *</b> (1/2 oz)	<b>Saltine Crackers*</b> (1/2 oz)		<b>Graham Crackers*</b> (1/2 oz)
<i>M/MA</i>	<b>String Cheese</b> (1 Serv)	<b>Yogurt</b> (1/4 cup) (Frozen Yogurt Pops)		<b>Cottage Cheese</b> (1/2 oz)	
<i>Vegetable</i>					
<i>Fruit</i>			<b>100% Orange Juice</b> (1/2 cup)	<b>Peaches</b> (1/2 cup)	<b>Misc Fruits</b> (1/2 cup) (Smoothies)
<i>Fluid Milk</i>					

Children 12-14 months are served whole, unflavored milk

\* indicates WGR foods

Children over 24 months are served 1%, unflavored milk

**All items subject to change**