

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>	HM Oatmeal (1/2 oz)	English Muffins* (1/2 oz)	Chex (1/2 oz)	Waffles* (1/2 oz)	HM Banana Bread*d (1/2 oz)
<i>Fruit/Veggie</i>	Apples (1/2 cup)	Bananas (1/2 cup)	Pears (1/2 cup)	Honeydew (1/2 cup)	Applesauce (1/2 cup)
<i>Fluid Milk</i>	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)
<i>M/MA</i>					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Lasgna Noodle* (1/2 oz)	Polenta (1/2 oz) (Cheesy Polenta)	Garden Spiral Noodles* (1/2 oz)	Brown Rice* (1/4 cup) (Spanish Rice)	Elbow Macaroni* (1/2 oz)
<i>M/MA</i>	Cheese (1.5 oz)(Lasagna)	Cheese (1/2 cup)	Cheese (1.5 oz) (Brocc Noodle Cass)	Black Beans (1/2 cup)	Cheese (1.5 oz)(Mac n Cheese)
<i>Vegetable</i>	Green Beans (1/4 cup)	Misc Veggies (1/4 cup)	Broccoli (1/4 cup)	Corn (1/4 cup)	Green Beans (1/4 cup)
<i>Fruit or Veggie</i>	Apricots (1/4 cup)	Oranges (1/4 cup)	Peaches (1/4 cup)	Watermelon (1/4 cup)	Pears (1/4 cup)
<i>Fluid Milk</i>	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)
Snack (2 only)	Snack	Snack	Snack	Snack	Snack
<i>Grain</i>		HM Yummy Crumb Cake*d (1/2 oz)	Bagels* (1/2 oz)	Saltine Crackers* (1/2 oz)	Pita Bread* (1/2 oz)
<i>M/MA</i>	Cottage Cheese (1/2 oz)		Cheddar Cheese (Melted Cheese Bagels) (1/2 oz)	String Cheese (1/2 oz)	
<i>Vegetable</i>					
<i>Fruit</i>	Pineapple (1/2 cup)	Cantaloupe (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