

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> | 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 (1/4 cup) | Bananas (1/4 cup) | Pears (1/4 cup) | Honeydew (1/4 cup) | Applesauce (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> | Lasagna Noodles* (1/2 oz) (Lasagna) d | Polenta (1/2 oz) (Cheesy Polenta) | Garden Spiral Noodles* (1/2 oz) | Biscuits* (1/2 oz) | Elbow macaroni* (1/2 oz) |
| <i>M/MA</i> | Cheese (1/4 cup) | Cheese (1 oz) | Cheese (1 oz) (Broccoli Noodle Cass)d | Cheddar Chunks (1 oz) | Cheese (Mac n Cheese)(1 oz) |
| <i>Vegetable</i> | Green Beans (1/8 cup) | Misc Veggies (1/8 cup) | Broccoli (1/8 cup) | Butternut Squash (1/8 cup) (Butternut Apple soup) | Green Beans (1/8 cup) |
| <i>Fruit or Veggie</i> | Apricots (1/8 cup) | Mandarins (1/8 cup) | Peaches (1/8 cup) | Watermelon (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> | | 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 Bagel) (1/2 oz) | String Cheese (1/2 oz) | |
| <i>Vegetable</i> | Pineapple (1/2 cup) | | | | |
| <i>Fruit</i> | | 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