

**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>HM Oatmeal</b> (1/2 oz)	<b>Cheerios*</b> (1/2 oz)		<b>Bran Flakes*</b> (1/2 oz)	<b>Raisin Bread*</b> (1/2 oz)
<i>Fruit/Veggie</i>	<b>Blueberries</b> (1/4 cup)	<b>Pears</b> (1/2 cup)	<b>Apricots</b> (1/4 cup)	<b>Bananas</b> (1/2 cup)	<b>Apples</b> (1/4 cup)
<i>Fluid Milk</i>	<b>Milk</b> (1/2 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (1/2 cup)
			<b>Yogurt d</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>Whole Wheat Bread*</b> (1/2 oz)	<b>Tortilla Chips</b> (1/2 oz) (Chilaquillas)	<b>Bagels*</b> (1/2 oz)	<b>Garden Spiral Pasta*</b> (Broccoli Noodle Cass) d (1/2 oz)	<b>Brown Rice*</b> (1/2 oz) (HM Spanish Rice)
<i>M/MA</i>	<b>Chese</b> (1 oz) (Potato Cheese Soup)	<b>Refried Beans</b> (1/4 cup)	<b>Cheese</b> (1 oz) (HM Pizza Bagels)	<b>Cheese d</b> (1/2 oz)	<b>Black Beans</b> (1/4 cup)
<i>Vegetable</i>	<b>Potatoes</b> (1/8 cup)	<b>Tomato Sauce</b> (1/8 cup)	<b>Tomato Sauce</b> (1/8 cup)	<b>Broccoli</b> (1/8 cup)	<b>Peas &amp; Carrots</b> (1/8 cup)
<i>Fruit or Veggie</i>	<b>Mandarins</b> (1/8 cup)	<b>Peaches</b> (1/8 cup)	<b>Honeydew</b> (1/8 cup)	<b>Watermelon</b> (1/8 cup)	<b>Peaches</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>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>Whole Wheat Tortillas *</b> (1/2 oz) (Quesadilla)	<b>HM Bran Muffins*</b> (1/2 oz)	<b>Graham Crackers *d</b> (1/2 oz)	<b>HM Trail Mix *d</b> (1/2 oz)	<b>Graham Crackers*</b> (1/2 oz)
<i>M/MA</i>	<b>Cheddar Cheese</b> (1 oz)			<b>String Cheese</b> (1/5 oz)	
<i>Vegetable</i>			<b>Pumpkin</b> (1/4 cup) (Pumpkin Cream Cheese)		
<i>Fruit</i>		<b>Bananas</b> (1/2 cup)			<b>Misc Fruit</b> (1/2 cup) (Smoothie Pops)
<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**