

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>	Bagels* (1/2 oz)	Cheerios* (1/2 oz)	HM Baked Oatmeal*d (1/2 oz)	HM Blueberry Muffins*d (1/2 oz)	Raisin Bread* (1/2 oz)
<i>Fruit/Veggie</i>	Apples (1/4 cup)	Honeydew (1/4 cup)	Pears (1/4 cup)	Peaches (1/4 cup)	Bananas (1/2 cup)
<i>Fluid Milk</i>	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (3/4 cup)
<i>M/MA</i>					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Whole Wheat Tortillas (1/2 oz) (Bean Burritos)	English Muffins (1/2 oz)	Garden Spiral Noodles* (1/2 oz)	Lasagna Noodles* (1/2 oz)	Brown Rice* (1/2 oz) (Spanish Rice)
<i>M/MA</i>	Refried Beans (1/4 cup)	Cheese (1 oz) (English Muffin Pizza)	Cheese (1 oz) (Broccoli Noodle Cass) d	Cheese (1.5 oz) (Lasagna)	Black Beans (1/4 cup)
<i>Vegetable</i>	Tomatos & Olives (1/8 cup)	Tomato Sauce (1/8 cup)	Broccoli (1/8 cup)	Kidney Beans (1/4 cup)	Peas and Carrots (1/8 cup)
<i>Fruit or Veggie</i>	Apple (1/8 cup)	Pineapple (1/8 cup)	Mandarins (1/8 cup)	Bananas (1/4 cup)	Honeydew (1/8 cup)
<i>Fluid Milk</i>	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (3/4 cup)	Milk (1/2 cup)
Snack (2 only)	Snack	Snack	Snack	Snack	Snack
<i>Grain</i>	Pita Bread * (1/2 oz)	Saltine Crackers * (1/2 oz)	Trail Mix* (1/2 oz)	Goldfish Crackers *d (1/2 oz)	Graham Crackers *d (1/2 oz)
<i>M/MA</i>	Cheese Chunks (1/5 oz)			String Cheese (1/2 oz)	
<i>Vegetable</i>					
<i>Fruit</i>		Orange Juice Pops (1/2 cup)	Apricots (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