

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 serving)	Bran Flakes* (1/4 cup)	HM Cranberry Orange Scones* (1/2 serving)		Chex* (1/4 cup)
<i>Fruit/Veggie</i>	Mandarins (1/4 cup)	Bananas (1/4 cup)	Peaches (1/4 cup)	Pears (1/4 cup)	Apples (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>				Yogurt d (1/4 cup)	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Whole Wheat Tortillas (1/2 slice)	Biscuits*d (1/2 serving)	Corn Tortillas (1/2 slice)	Pie Crust* (1/2 slice)	Penne Pasta* (1/4 cup)
<i>M/MA</i>	Refried Beans (1 oz) (Bean Burritos)	String Cheese (1 oz)	Refried Beans (1/4 cup)	Eggs (3/4 serving) (Quiche)	Cheese (1 oz)(Baked Pasta)
<i>Vegetable</i>	Tomatos & Olives (1/8 cup)	Corn (1/8 cup) (Corn Chowder)	Tomato Sauce (1/8 cup)	Peas and Carrots (1/8 cup)	Marinara Sauce (1/8 cup)
<i>Fruit or Veggie</i>	Peaches (1/8 cup)	Honeydew (1/8 cup)	Pears (1/8 cup)	Watermelon (1/8 cup)	Bananas (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>	Waffles* (1/2 serving)	Raisin Bread *d (1/2 slice)	Saltine Crackers* (1/2 oz)	Graham Crackers* (1/2 oz)	Bagels* (1/2 serving)
<i>M/MA</i>	Cheddar Cheese Chunks (1/2 oz)				
<i>Vegetable</i>					
<i>Fruit</i>		Mandarins (1/2 cup)	Bananas (1/2 cup) (Banana Popsicles)	Misc Fruits (1/2 cup) (Smoothies)	Watermelon (1/2 cup)
<i>Fluid Milk</i>					

Children 12-14 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