

## CHILDREN'S CENTER WEEKLY MENU

Component	Monday Food/Serving	Tuesday Food/Serving	Wednesday Food/Serving	Thursday Food/Serving	Friday Food/Serving
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<i>Grain</i>	<b>Bran Flakes*</b> (1/2 oz)	<b>HM Overnight Muesli*d<sub>l</sub></b> (1/2 oz)	<b>HM Sour Cream Pumpkin Muffins*d<sub>l</sub></b> (1/2 oz)	<b>Raisin Bread*</b> (1/2 oz)	<b>Cheerios</b> (1/2 oz) GF
<i>Fruit/Veggie</i>	<b>Peaches</b> (1/2 cup)	<b>Mandarins</b> (1/2 cup)	<b>Bananas</b> (1/2 cup)	<b>Applesauce</b> (1/2 cup)	<b>Apricots</b> (1/2 cup)
<i>Fluid Milk</i>	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)
<i>M/MA</i>					
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<i>Grain</i>	<b>Bagels</b> (1/2 oz)	<b>Spaghetti*</b> (1/2 oz)	<b>Biscuits*</b> (1/2 oz)	<b>Polenta</b> (1/2 oz) GF	<b>Brown Rice</b> (1/2 oz) GF
<i>M/MA</i>	<b>Cheese</b> (1.5 oz) (HM Pizza Bagels)	<b>Cheese</b> (1.5 oz) (Spaghetti Pie)	<b>String Cheese</b> (1.5 oz)	<b>Cheese</b> (1.5 oz) (HM Cheesy Polenta)	<b>Black Beans</b> (1.5 oz)
<i>Vegetable</i>	<b>Olives</b> (1/4 cup)	<b>Green Beans</b> (1/4 cup)	<b>Corn</b> (1/4 cup) (Corn Chowder)d <sub>l</sub>	<b>Misc Veggies</b> (1/4 cup)	<b>Peas and Carrots</b> (1/4 cup)
<i>Fruit or Veggie</i>	<b>Cantaloupe</b> (1/4 cup)	<b>Pears</b> (1/4 cup)	<b>Apples</b> (1/4 cup)	<b>Honeydew</b> (1/4 cup)	<b>Pears</b> (1/4 cup)
<i>Fluid Milk</i>	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 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>HM Banana Bread*d<sub>l</sub></b> (1/2 oz)	<b>Saltine Crackers*</b> (1/2 oz)	<b>Pita Bread*</b> (1/2 oz)		<b>HM Orange Cranberry Cookies*</b> (1/2 oz)
<i>M/MA</i>			<b>HM Hummus</b> (1/2 oz)	<b>Cottage Cheese</b> (1/2 oz)	
<i>Vegetable</i>					
<i>Fruit</i>	<b>Oranges</b> (1/2 cup)	<b>Orange Juice</b> (1/2 cup)(HM OJ Pops)		<b>Apricots</b> (1/2 cup)	<b>Bananas</b> (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<sub>l</sub> indicates dairy foods

GF indicates gluten free

All items subject to change