

## CHILDREN'S CENTER WEEKLY MENU

Component	Monday	Tuesday	Wednesday	Thursday	Friday
<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</b> (1/2 oz)	<b>HM Sour Cream Pumpkin Muffins*d</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> (1/4 cup)	<b>Mandarins</b> (1/4 cup)	<b>Bananas</b> (1/4 cup)	<b>Applesauce</b> (1/4 cup)	<b>Apricots</b> (1/4 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)
<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) (HM Cheese Polenta) GF	<b>Brown Rice</b> (1/2 oz) (HM Spanish Rice) GF
<i>M/MA</i>	<b>Cheese</b> (1 oz) (HM Pizza Bagels)	<b>Cheese</b> (1 oz) (Spaghetti Pie)	<b>String Cheese</b> (1 oz)	<b>Cheese</b> (1 oz)	<b>Black Beans</b> (1 oz)
<i>Vegetable</i>	<b>Olives</b> (1/8 cup)	<b>Green Beans</b> (1/8 cup)	<b>Corn</b> (1/8 cup) (Corn Chowder)d	<b>Misc Veggies</b> (1/8 cup)	<b>Peas and Carrots</b> (1/8 cup)
<i>Fruit or Veggie</i>	<b>Cantaloupe</b> (1/8 cup)	<b>Pears</b> (1/8 cup)	<b>Apples</b> (1/8 cup)	<b>Honeydew</b> (1/8 cup)	<b>Pears</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>HM Banana Bread*d</b> (1/2 oz)	<b>Saltine Crackers*</b> (1/2 oz)	<b>Pita Bread*</b> (1/2 oz)		<b>HM Oatmeal 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>Mandarins</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 indicates dairy foods

GF indicates gluten free

All items subject to change