

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>	Chex (1/2 oz)	HM Carrot Apple Muffins* (1/2 oz)		English Muffins* (1/2 oz)	HM Baked Oatmeal*d (1/2 oz)
<i>Fruit/Veggie</i>	Peaches (1/4 cup)	Bananas (1/4 cup)	Apricots (1/4 cup)	Mandarins (1/4 cup)	Bananas (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>	Tortilla Chips (1/2 oz) (Chilaquillas)	Whole Wheat Bread* (1/2 oz)	Whole Wheat Tortillas* (1/2 oz)	Biscuits*d (1/2 oz)	Brown Rice* (1/2 oz) (Spanish Rice)
<i>M/MA</i>	Black Beans (1/4 cup)	Cheese (Grilled Cheese)(1 oz)	Eggs (3/4 serving) (Breakfast Burritos)d	Cheese Chunks (1/2 oz)	Refried Beans (1/4 cup)
<i>Vegetable</i>	Tomato Sauce (1/8 cup)	Green Beans (1/8 cup)	Peas and Carrots (1/8 cup)	Misc Vegetables (Bean Stew) (1/8 cup)	Peas and Carrots (1/8 cup)
<i>Fruit or Veggie</i>	Pears (1/8 cup)	Mandarins (1/8 cup)	Cantaloupe (1/8 cup)	Apples (1/8 cup)	Pears (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>	Saltine Crackers * (1/2 oz)	HM Banana Cookies * (1/2 oz)	Pita Bread * (1/2 oz)	Goldfish Crackers *d (1/2 oz)	HM Whole Wheat Doughnuts * (1/2 oz)
<i>M/MA</i>			HM Hummus (1/4 cup)		
<i>Vegetable</i>					
<i>Fruit</i>	Orange Juice Pops (1/2 cup)			Honeydew (1/2 cup)	
<i>Fluid Milk</i>		Milk (1/2 cup)			Milk (1/2 cup)

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