

## 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>Chex</b> (1/2 oz) GF	<b>HM Oatmeal*</b> (1/2 oz)	<b>HM Banana Bread*<sup>d</sup></b> (1/2 oz)	<b>Cheerios</b> (1/2 oz) GF	<b>Raisin Bread*</b> (1/2 oz)
<i>Fruit/Veggie</i>	<b>Pears</b> (1/2 cup)	<b>Blueberries</b> (1/2 cup)	<b>Oranges</b> (1/2 cup)	<b>Apricots</b> (1/2 cup)	<b>Applesauce</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>Whole Wheat Tortillas*</b> (1/2 oz)	<b>Lasagna Noodles*</b> (1/2 oz)	<b>Tortilla Chips</b> (1/2 oz) (Chilaquillas) GF	<b>Whole Wheat Bread*</b> (1/2 oz)	<b>Biscuits*</b> (1/2 oz)
<i>M/MA</i>	<b>Refried Beans</b> (1.5 oz) (Bean Burritos)	<b>Cheese</b> (1.5 oz) (Lasagna)	<b>Black Beans</b> (1.5 oz)	<b>Cheese</b> (1.5 oz) (Grilled Cheese)	<b>String Cheese</b> (1.5 oz)
<i>Vegetable</i>	<b>Tomato &amp; Olives</b> (1/4 cup)	<b>Broccoli</b> (1/4 cup)	<b>Tomato Sauce</b> (1/4 cup)	<b>Green Beans</b> (1/4 cup)	<b>Misc Veggies</b> (1/4 cup) (Pumpkin Chili)
<i>Fruit or Veggie</i>	<b>Oranges</b> (1/4 cup)	<b>Cantaloupe</b> (1/4 cup)	<b>Peaches</b> (1/4 cup)	<b>Watermelon</b> (1/4 cup)	<b>Bananas</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 Sour Cream</b> <b>Pumpkin Muffins*<sup>d</sup></b> (1/2 oz)	<b>Graham Crackers*</b> (1/2 oz)	<b>Pita Bread*</b> (1/2 oz)	<b>Saltine Crackers*</b> (1/2 oz)	<b>Whole Wheat Torillas*</b> (1/2 oz) (Quesadillas)
<i>M/MA</i>			<b>Cheddar Chunks</b> (1/2 oz)		<b>Black Beans</b> (1/2 oz)(Black Bean Dip)
<i>Vegetable</i>					
<i>Fruit</i>	<b>Bananas</b> (1/2 cup)	<b>Misc Fruit</b> (1/2 cup) (HM Smoothie Pops)		<b>Orange Juice</b> (1/2 cup) (HM OJ Pops)	
<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

<sup>d</sup> indicates dairy foods

GF indicates gluten free

HM indicates homemade

All items subject to change