

CHILDREN'S CENTER WEEKLY MENU

Component	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<i>Grain</i>	Chex (1/2 oz) GF	HM Oatmeal* (1/2 oz)	HM Banana Bread*d_l (1/2 oz)	Cheerios (1/2 oz) GF	Raisin Bread* (1/2 oz)
<i>Fruit/Veggie</i>	Pears (1/4 cup)	Blueberries (1/4 cup)	Mandarins (1/4 cup)	Apricots (1/4 cup)	Applesauce (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>					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Whole Wheat Torillas* (1/2 oz)	Lasagna Noodles* (1/2 oz)	Torilla Chips (1/2 oz) (Chilaquillas) GF	Whole Wheat Bread* (1/2 oz)	Biscuits* (1/2 oz)
<i>M/MA</i>	Refried Beans (Bean Burritos) (1 oz)	Cheese (1 oz) (Lasagna)	Black Beans (1 oz)	Cheese (1 oz)(Grilled Cheese)	String Cheese (1 oz)
<i>Vegetable</i>	Tomatos & Olives (1/8 cup)	Broccoli (1/8 cup)	Tomato Sauce (1/8 cup)	Green Beans (1/8 cup)	Misc Veggies (1/8 cup) (Pumpking Chili)
<i>Fruit or Veggie</i>	Mandarins (1/8 cup)	Cantaloupe (1/8 cup)	Peaches (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>	HM Sour Cream Pumpkin Muffins*d_l (1/2 oz)	Grahamn Crackers* (1/2 oz)	Pita Bread* (1/2 oz)	Saltine Crackers* (1/2 oz)	Whole Wheat Tortillas *(1/2 oz) (Quesadillas)
<i>M/MA</i>			Cheese Chunks (1/2 oz)		Black Beans (1/2 oz)(Black Bean Dip)
<i>Vegetable</i>					
<i>Fruit</i>	Bananas (1/2 cup)	Misc Fruit (1/2 cup) (HM Smoothie Pops)		Orange Juice (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
 d_l indicates dairy foods

GF indicates gluten free
 HM indicates homemade

All items subject to change