

**CHILDREN'S CENTER WEEKLY MENU**

<b>Component</b>	<b>Monday Food/Serving</b>	<b>Tuesday Food/Serving</b>	<b>Wednesday Food/Serving</b>	<b>Thursday Food/Serving</b>	<b>Friday Food/Serving</b>
<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 Fall Harvest Muffins*</b> (1/2 oz)	<b>HM Oatmeal</b> (1/2 oz)		<b>English Muffins*</b> (1/2 oz)
<i>Fruit/Veggie</i>	<b>Mandarins</b> (1/2 cup)	<b>Pears</b> (1/2 cup)	<b>Bananas</b> (1/4 cup)	<b>Apricots</b> (1/4 cup)	<b>Applesauce</b> (1/4 cup)
<i>Fluid Milk</i>	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)
				<b>Yogurt d</b> (1/4 cup)	
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<i>Grain</i>	<b>Penne Pasta*</b> (1/2 oz)	<b>English Muffins</b> (1/2 oz)	<b>Rice*</b> (1/2 oz)	<b>Whole Wheat Tortillas</b> (1/2 oz)	<b>Rye Bread*</b> (1/2 oz)
<i>M/MA</i>	<b>Cheese</b> (1 oz)(Baked Pasta)	<b>Cheese</b> (1 oz) (English Muffin Pizza)	<b>Cheese</b> (1 oz) (Cheese Olive Rice)	<b>Refried Beans</b> (1 oz) (Bean Burritos)	<b>Eggs</b> (3/4 serving) (Egg Salad Sandwich)
<i>Vegetable</i>	<b>Marinara Sauce</b> (1/8 cup)	<b>Tomato Sauce</b> (1/8 cup)	<b>Olive</b> (1/8 cup)	<b>Tomatos &amp; Olives</b> (1/8 cup)	<b>Green Beans</b> (1/8 cup)
<i>Fruit or Veggie</i>	<b>Apples</b> (1/8 cup)	<b>Pineapple</b> (1/8 cup)	<b>Watermelon</b> (1/8 cup)	<b>Cantaloupe</b> (1/8 cup)	<b>Peaches</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> (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>Whole Wheat Tortillas *</b> (1/2 oz)	<b>Saltines*</b> (1/2 oz)		<b>HM Oatmeal Cranberry Cookies*</b> (1/2 oz)	<b>HM Cheesy Cornbread Muffins *d</b> (1/2 oz)
<i>M/MA</i>	<b>Cheese</b> (1 oz) (Quesadillas)		<b>Cottage Cheese</b> (1/2 oz)		
<i>Vegetable</i>					
<i>Fruit</i>		<b>Misc Fruit</b> (1/2 cup) (Smoothie Pops)	<b>Peaches</b> (1/2 cup)		
<i>Fluid Milk</i>				<b>Milk</b> (1/2 cup)	<b>Milk</b> (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**