

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 GF (1/2 oz)	HM Baked Oatmeal $\frac{1}{2}$ (1/2 oz) GF		HM Oatmeal* (1/2 oz) GF	HM Banana Bread* (1/2 oz)
<i>Fruit/Veggie</i>	Mandarins (1/4 cup)	Apples (1/4 cup)	Apricots (1/4 cup)	Blueberries (1/4 cup)	Mandarins (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 (1/2 oz)		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Brown Rice*(1/4 cup) (Cheese Olive Rice) GF	Pasta* (1/2 oz)	Whole Wheat Tortillas*(1/2 oz)	Rye Bread* (1/2 oz)	Biscuits* (1/4 cup)
<i>M/MA</i>	Cheese (1/2 cup)	Cheese (1 oz)(Lasagna)	Refried Beans (1 oz) (Burritos)	Eggs (3/4 serving) (Egg Puff) $\frac{1}{2}$	String Cheese (1 oz)
<i>Vegetable</i>	Olives (1/8 cup)	Green Beans (1/8 cup)	Tomatos & Olives (1/8 cup)	Zucchini (1/8 cup)	Misc Veggies (1/8 cup) (Julia Bean Stew)
<i>Fruit or Veggie</i>	Apples (1/8 cup)	Bananas (1/8 cup)	Honeydew (1/8 cup)	Watermelon (1/8 cup)	Peaches(1/8 cup)
<i>Fluid Milk</i>	Milk (3/4 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (3/4 cup)
Snack (2 only)	Snack	Snack	Snack	Snack	Snack
<i>Grain</i>		Bagels * (1/2 oz)	HM Yummy Crumb Cake* (1/2 oz)	Graham Crackers * (1/2 oz)	Raisin Bread * (1/2 oz)
<i>M/MA</i>	Cottage Cheese (1/2 oz)	Cheddar Cheese (1/2 oz) (Cheesy Bagel Bites)			
<i>Vegetable</i>				Pumpkin (1/2 cup) (Pumpkin Cream Cheese)	
<i>Fruit</i>	Peaches (1/2 cup)		Bananas (1/2 cup)		Misc Fruit (1/2 cup) (Smoothies)
<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 GF indicate gluten free
 $\frac{1}{2}$ indicates dairy foods

All items subject to change