

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>	Cheerios* (1/2 oz)	Raisin Bread* (1/2 oz)	Bran Flakes* (1/2 oz)	HM Bran Muffins* (1/2 oz)	HM Oatmeal* (1/2 oz)
<i>Fruit/Veggie</i>	Peaches (1/2 cup)	Bananas (1/2 cup)	Cantaloupe (1/2 cup)	Oranges (1/2 cup)	Blueberries (1/2 cup)
<i>Fluid Milk</i>	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)
<i>M/MA</i>					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Brown Rice (1/4 cup)	Whole Wheat Bread* (1/2 oz)	English Muffins* (1/2 oz) (Eng Muffin Pizza)	Garden Spiral Pasta* (Brocc Noodle Cass) (1/2 oz)	Corn Tortillas (1/2 oz)
<i>M/MA</i>	Cheese (1.5 oz) (Cheese Olive Rice)	String Cheese (1.5 oz)	Cheese (1/4 cup)	Cheese d (1/2 oz)	Refried beans (1/2 cup) (Tortilla Cass)
<i>Vegetable</i>	Green Beans (1/4 cup)	Misc Vegetables (Veggie Chili) (1/4 cup)	Green Beans (1/4 cup)	Broccoli (1/4 cup)	Tomato Sauce (1/4 cup)
<i>Fruit or Veggie</i>	Oranges (1/4 cup)	Honeydew (1/4 cup)	Pineapple (1/4 cup)	Watermelon (1/4 cup)	Apples (1/4 cup)
<i>Fluid Milk</i>	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)
Snack (2 only)	Snack	Snack	Snack	Snack	Snack
<i>Grain</i>	Bagels* (1/2 oz)	Graham Crackers* (1/2 oz)	Saltine Crackers* (1/2 oz)	Trail Mix* (1/2 oz)	
<i>M/MA</i>	Cheddar Cheese Chunks (1/5 oz)		String Cheese (1/5 oz)		Cottage Cheese (1/5 oz)
<i>Vegetable</i>		Pumpkin (Pumpkin Cream Cheese Spread) (1/2 cup)			
<i>Fruit</i>				Misc Fruit (Smoothies) (1/2 cup)	Apricots (1/2 cup)
<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 indicates dairy foods

All items subject to change