

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>	HM Sweet Potato Pancakes* $\frac{1}{2}$ oz)	HM Yummy Crumb Cake* $\frac{1}{2}$ oz)	Bagels* (1/2 oz)	Whole Wheat Toast (1/2 oz)	HM Oatmeal (1/2 oz)
<i>Fruit/Veggie</i>	Applesauce (1/4 cup)	Apricots (1/4 cup)	Pears (1/4 cup)	Misc Fruits (Smoothies)(1/4 cup)	Blueberries (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>	Tortilla Chips (1/2 oz) (Chilaquillas)	Biscuits* $\frac{1}{2}$ oz)	Polenta* (1/2 oz)	Corn Tortillas (1/2 oz)	Corn Tortillas (1/2 oz)
<i>M/MA</i>	Black Beans (1/2 cup)	Cheese (1/2 oz) (Broccoli Cheese Soup)	Cheese (1 oz) (Cheesy Polenta Pie)	Refried Beans (1/4 cup) (Tortilla Cass)	Refried Beans (1/4 cup) (Tortilla Cass)
<i>Vegetable</i>	Tomato Sauce (1/4 cup)	Broccoli (1/8 cup)	Misc Vegetables (1/8 cup)	Tomato Sauce (1/8 cup)	Tomato Sauce (1/8 cup)
<i>Fruit or Veggie</i>	Mandarins (1/4 cup)	Cantaloupe (1/8 cup)	Apples (1/8 cup)	Pears (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 (1/2 cup)
Snack (2 only)	Snack	Snack	Snack	Snack	Snack
<i>Grain</i>	Waffles * (1/2 oz)	HM Scones* $\frac{1}{2}$ oz)	Saltines * (1/2 oz)	HM Banana Cookies* (1/2 oz)	Pita Bread * (1/2 oz)
<i>M/MA</i>	Cheese Chunks (1/5 oz)				HM Hummus (1/5 oz)
<i>Vegetable</i>					
<i>Fruit</i>		Bananas (1/2 cup)	100% Orange Juice popsicles (1/2 cup)		
<i>Fluid Milk</i>				Milk (1/2 cup)	

Children 12-24 months are served whole, unflavored milk
 Children over 24 months are served 1%, unflavored milk

* indicates WGR foods
 $\frac{1}{2}$ indicates dairy foods

All items subject to change