

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>	Raisin Bread* (1/2 oz)	HM Blueberry Muffins*d (1/2 oz)	HM Oatmeal (1/2 oz)	Bagels* (1/2 oz)	HM Pancakes*d (1/2 oz)
<i>Fruit/Veggie</i>	Apples (1/4 cup)	Pears (1/4 cup)	Apples (1/2 cup)	Apricots (1/4 cup)	Applesauce (1/4 cup)
<i>Fluid Milk</i>	Milk (1/2 cup)	Milk (1/2 cup)	Milk (3/4 cup)	Milk (1/2 cup)	Milk (1/2 cup)
<i>M/MA</i>					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Whole Wheat Tortillas* (1/2 oz)	Biscuits*d (1/2 oz)	Spaghetti Noodles* (1/2 oz)	Whole Wheat Bread* (1/2 oz)	Corn Tortillas (1/2 oz)
<i>M/MA</i>	Sliced Cheese (1 oz) (Quesadillas)	String Cheese (1/2 oz)	Cheese (1 oz)(Spaghetti Pie)	Eggs (3/4 serving) (Egg Puff)	Refried Beans (1/4 cup) (Tortilla Cass)
<i>Vegetable</i>	Green Beans (1/8 cup)	Misc Vegetables (Veggie Chili) (1/8 cup)	Marinara Sauce (1/8 cup)	Zucchini (1/8 cup)	Tomato Sauce (1/8 cup)
<i>Fruit or Veggie</i>	Mandarins (1/8 cup)	Honeydew (1/8 cup)	Apricots (1/8 cup)	Watermelon (1/8 cup)	Pears (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>	Pita Bread * (1/2 oz)	Saltine Crackers * (1/2 oz)		Trail Mix *d (1/2 oz)	HM Sour Cream Pumpkin Muffins*d (1/2 oz)
<i>M/MA</i>	Cheese Chunks (1/5 oz)		Cottage Cheese (1/5 oz)		
<i>Vegetable</i>					
<i>Fruit</i>		Banana Pops (1/2 cup)	Peaches (1/2 cup)	Bananas (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
 d indicates dairy foods

All items subject to change