

**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>Chex*</b> (1/4 cup)	<b>Waffles*</b> (1/4 oz)	<b>Bran Flakes*</b> (1/4 cup)	<b>HM Carrot Apple Muffins*</b> (1/4 oz)	<b>Raisin Bread*</b> (1/2 oz)
<i>Fruit/Veggie</i>	<b>Apricots</b> (1/4 cup)	<b>Applesauce</b> (1/4 cup)	<b>Peaches</b> (1/4 cup)	<b>Oranges</b> (1/4 cup)	<b>Bananas</b> (1/4 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> (1/2 cup)
<i>M/MA</i>					
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<i>Grain</i>	<b>Garden Spiral Pasta*</b> (HM Broccoli Noodle Casserole) <b>d</b> (1 oz)	<b>Biscuits*</b> (1/2 oz)	<b>Elbow Macaroni*</b> (1/2 oz)	<b>Whole Wheat Bread*</b> (1/2 oz)	<b>Penne Pasta*d</b> (1 oz) (Baked Pasta)
<i>M/MA</i>	<b>Cheese d</b> (1/2 oz)	<b>Kidney Beans</b> (1oz) (Vegetarian Chili)	<b>Cheese</b> (Mac n Cheese)(1 oz)	<b>Cheese</b> (1 oz) (Grilled Cheese) <b>d</b>	<b>Cheese</b> (1/2 oz)
<i>Vegetable</i>	<b>Broccoli</b> (1/8 cup)	<b>Mixed Veggies</b> (1/8 cup)	<b>Green Beans</b> (1/8 cup)	<b>Corn</b> (1/8 cup)	<b>Marinara Sauce</b> (1/8 cup)
<i>Fruit or Veggie</i>	<b>Mandarins</b> (1/8 cup)	<b>Cantaloupe</b> (1/8 cup)	<b>Bananas</b> (1/8 cup)	<b>Watermelon</b> (1/8 cup)	<b>Apples</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> (1/2 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>Graham Crackers *</b> (1/2 oz)	<b>HM Gingerbread</b> (1/2 oz)	<b>Trail Mix*</b> (1/2 oz)	<b>Saltine Crackers*</b> (1/2 oz)	<b>HM Bran Muffins*</b> (1/2 oz)
<i>M/MA</i>			<b>String Cheese</b> (1 oz)	<b>Hummus</b> (1/2 cup)	
<i>Vegetable</i>	<b>Pumpkin</b> (1/4 cup) (Pumpkin Cream Cheese Spread)				
<i>Fruit</i>					<b>Cantaloupe</b> (1/2 cup)
<i>Fluid Milk</i>		<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**