

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>	Center Closed Holiday	Center Closed Holiday	Cheerios* (1/2 oz)	HM Oatmeal* (1/2 oz)	Chex* (1/2 oz)
<i>Fruit/Veggie</i>			Apricots (1/4 cup)	Blueberries (1/4 cup)	Applesauce (1/4 cup)
<i>Fluid Milk</i>			Milk (1/2 cup)	Milk (1/2 cup)	Milk (3/4 cup)
<i>M/MA</i>					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Center Closed Holiday	Center Closed Holiday	Pasta* (1/2 oz) (HM Lasagna) d _u	Whole Wheat Tortillas (1/2 oz)	Brown Rice* (1/2 oz) (Spanish Rice)
<i>M/MA</i>			Cheese (1/4 cup)	Refried Beans (1 oz) (Bean Burritos)	Black Beans (1/4 cup)
<i>Vegetable</i>			Broccoli (1/8 cup)	Olives (1/8 cup)	Peas and Carrots (1/8 cup)
<i>Fruit or Veggie</i>			Apples (1/8 cup)	Bananas (1/8 cup)	Apples (1/8 cup)
<i>Fluid Milk</i>			Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)
Snack (2 only)	Snack	Snack	Snack	Snack	Snack
<i>Grain</i>	Center Closed Holiday	Center Closed Holiday	Saltine Crackers * (1/2 oz)	English Muffins* (1/2 oz)	Raisin Bread* (1/2 oz)
<i>M/MA</i>				String Cheese (1/5 oz)	
<i>Vegetable</i>					
<i>Fruit</i>			Peaches (1/2 cup)		Orange Juice Pops (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_u indicates dairy foods

All items subject to change