

CHILDREN'S CENTER WEEKLY MENU

Component	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<i>Grain</i>	CENTER CLOSED-HOLIDAY	Chexs* (1/2 oz)	HM Oatmeal* (v) (1/2 oz)	Raisin Bread* (1/2 oz)	Bagels* (1/2 oz)
<i>Fruit/Veggie</i>		Apples (1/4 cup)	Blueberries (1/4 cup)	Pears (1/4 cup)	Apricots (1/4 cup)
<i>Fluid Milk</i>		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>	CENTER CLOSED-HOLIDAY	Brown Rice *d_l (1/2 oz) (HM Cheese-Olive Casserole)	Penne Pasta* (1/2 oz)	Tortilla Chips (1/2 oz) (Chilaquillas)	Corn Tortillas (1/2 oz)
<i>M/MA</i>		Cheese d_l (1/4 cup)	Cheese (1 oz)(Baked Pasta)	Black Beans (1/4 cup)	Refried Beans (1/4 cup) (Tortilla Cass)
<i>Vegetable</i>		Green Beans (1/8 cup)	Marinara Sauce (1/8 cup)	Tomato Sauce (1/8 cup)	Tomato Sauce (1/8 cup)
<i>Fruit or Veggie</i>		Bananas (1/8 cup)	Pears (1/8 cup)	Peaches (1/8 cup)	Apples (1/8 cup)
<i>Fluid Milk</i>		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>		Saltine Crackers *	Graham Crackers *	Trail Mix *d_l	Saltine Crackers *
<i>M/MA</i>	CENTER CLOSED-HOLIDAY			String Cheese (1/5 oz)	
<i>Vegetable</i>					
<i>Fruit</i>		Mandarins (1/2 cup)	Banana Pops (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_l indicates dairy foods

All items subject to change