

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	English Muffins* (1/2 oz)	HM Pumpkin Apple Bread* _d (1/2 oz)	Cheerios* (1/2 oz)	HM Oatmeal (1/2 oz)
<i>Fruit/Veggie</i>		Mandarins (1/4 cup)	Bananas (1/4 cup)	Apricots (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)
<i>M/MA</i>					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Center Closed-Holiday	Spaghetti* (1/2 oz)	Corn Tortillas (1/2 oz) (Tortilla Cass)	Whole Wheat Bread* (1/2 oz)	Elbow macaroni* (1/2 oz)
<i>M/MA</i>		Cheese (1 oz)(Spaghetti Pie)	Refried Beans (1/4 cup)	Eggs (3/4 serving) (Egg Puff _d)	Cheese (Mac n Cheese)(1 oz)
<i>Vegetable</i>		Marinara Sauce (1/8 cup)	Tomato Sauce (1/8 cup)	Zucchini (1/8 cup)	Green Beans (1/8 cup)
<i>Fruit or Veggie</i>		Peaches (1/8 cup)	Pears (1/8 cup)	Mandarins (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>	Center Closed-Holiday		Raisin Bread* (1/2 oz)	Saltine Crackers * (1/2 oz)	Graham Crackers * _d (1/2 oz)
<i>M/MA</i>		String Cheese (1/5 oz)			
<i>Vegetable</i>					
<i>Fruit</i>		Apples (1/2 cup)	Peaches (1/2 cup)	Banana Pops (1/2 cup)	Misc Fruit Smoothies (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 indicates dairy foods

All items subject to change