

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	Chex (1/2 oz) GF	HM Oatmeal* (1/2 oz)	Bagels* (1/2 oz)	Cheerios (1/2 oz) GF
<i>Fruit/Veggie</i>		Peaches (1/2 cup)	Bananas (1/2 cup)	Applesauce (1/2 cup)	Apricots (1/2 cup)
<i>Fluid Milk</i>		Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)
M/MA					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Center Closed- HOLIDAY	Elbow Pasta* (1/4 cup)	Tortilla Chips (1/2 oz) (Chilaquillas) GF	Spaghetti* (1/4 cup) (Spaghetti Pie)	Biscuits* (1/2 oz)
M/MA		Cheese (1.5 oz) (Mac and Cheese)	Black Beans (1.5 oz)	Cheese (1.5 oz)	String Cheese (1.5 oz)
<i>Vegetable</i>		Green Beans (1/4 cup)	Tomato Sauce (1/4 cup)	Green Beans (1/4 cup)	Butternut Squash (1/4 cup) (Apple Butternut Soup)
<i>Fruit or Veggie</i>		Pears (1/4 cup)	Apples (1/4 cup)	Peaches (1/4 cup)	Honeydew (1/4 cup)
<i>Fluid Milk</i>		Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)
Snack (2 only)	Snack	Snack	Snack	Snack	Snack
<i>Grain</i>	Center Closed- HOLIDAY	Raisin Bread* (1/2 oz)		HM Crumb Cake*d _l (1/2 oz)	HM Orange Zucchini Bread * (1/2 oz)
M/MA		String Cheese (1/2 oz)	Cottage Cheese (1/2 oz)		
<i>Vegetable</i>					
<i>Fruit</i>			Pineapple (1/2 cup)	Oranges (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_l indicates dairy foods

HM indicates homemade
 GF indicates gluten free

All items subject to change