

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	Chex (1/2 oz)	HM Oatmeal* (1/2 oz)	Bagels* (1/2 oz)	Center Closed
<i>Fruit/Veggie</i>		Apricots (1/4 cup)	Blueberries (1/4 cup)	Mandarins (1/4 cup)	
<i>Fluid Milk</i>		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	Brown Rice* (1/2 oz) (Spanish Rice)	Corn Tortillas (1/2 oz)	Penne Pasta* (1/2 oz)	Center Closed
<i>M/MA</i>		Black Beans (1/4 cup)	Refried Beans (1/4 cup) (Tortilla Cass)	Cheese (1 oz)(Baked Pasta)	
<i>Vegetable</i>		Peas and Carrots (1/8 cup)	Tomato Sauce (1/8 cup)	Marinara Sauce (1/8 cup)	
<i>Fruit or Veggie</i>		Peaches (1/8 cup)	Pears (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	Saltine Crackers * (1/2 oz)	HM Banana Bread*d _l (1/2 oz)	Goldfish Crackers *d _l (1/2 oz)	Center Closed
<i>M/MA</i>		Cheese Chunks (1/5 oz)		String Cheese (1/2 oz)	
<i>Vegetable</i>					
<i>Fruit</i>			Mandarins (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