

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)	HM Baked Oatmeal d _i * (1/2 oz)	Waffles* (1/2 oz)	HM Banana Bread * (1/2 oz)
<i>Fruit/Veggie</i>		Apricots (1/2 cup)	Bananas (1/2 cup)	Applesauce (1/2 cup)	Oranges (1/2 cup)
<i>Fluid Milk</i>		Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Center Closed Holiday	Penne Pasta*d _i (1/4 cup) (Baked Pasta)	Rye Bread* (1/4 cup)	Tortilla Chips (1/2 oz) (Chilaquillas)	Pasta* (1/2 oz)
<i>M/MA</i>		Cheese (1.5 oz)	Cheese (1.5 oz)	Black Beans (1/2 cup)	Cheese (Lasagna)(1.5 oz)
<i>Vegetable</i>		Corn (1/4 cup)	Broccoli (1/4 cup) (Broccoli Cheese Soup)	Tomato Sauce (1/4 cup)	Green Beans (1/4 cup)
<i>Fruit or Veggie</i>		Peaches (1/4 cup)	Watermelon (1/4 cup)	Apricots (1/4 cup)	Cantaloupe (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	Graham Crackers * (1/2 oz)	Pita Bread * (1/2 oz)	Saltine Crackers * (1/2 oz)	Raisin Bread * (1/2 oz)
<i>M/MA</i>		Yogurt (1/2 oz)	HM Hummus (1/2 oz)		
<i>Vegetable</i>					
<i>Fruit</i>				Orange Juice Popsicles (1/2 cup)	Misc Fruit (1/2 cup) (Smoothie s)
<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 HM indicates homemade
 d_i indicates dairy foods

All items subject to change