

**CHILDREN'S CENTER WEEKLY MENU**

<b>Component</b>	<b>Monday Food/Serving</b>	<b>Tuesday Food/Serving</b>	<b>Wednesday Food/Serving</b>	<b>Thursday Food/Serving</b>	<b>Friday Food/Serving</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<i>Grain</i>	Center Closed Holiday	Chex (1/2 oz)	HM Baked Oatmeal d <sub>u</sub> *(1/2 oz)	Waffles* (1/2 oz)	HM Banana Bread * (1/2 oz)
<i>Fruit/Veggie</i>		Apricots (1/2 cup)	Bananas (1/4 cup)	Applesauce (1/4 cup)	Mandarins (1/4 cup)
<i>Fluid Milk</i>		Milk (3/4 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<i>Grain</i>	Center Closed Holiday	Penne Pasta* (1/2 oz)	Rye Bread* (1/2 oz)	Tortilla Chips (1/2 oz) (Chilaquillas)	Pasta* (1/2 oz) (Lasagna) d <sub>u</sub>
<i>M/MA</i>		Cheese (1 oz)(Baked Pasta)	Cheese (1 oz)	Black Beans (1/2 cup)	Cheese (1/4 cup)
<i>Vegetable</i>		Corn (1/8 cup)	Broccoli (1/8 cup) (Broccoli Cheese Soup)	Tomato Sauce (1/4 cup)	Green Beans (1/8 cup)
<i>Fruit or Veggie</i>		Peaches (1/8 cup)	Watermelon(1/8 cup)	Apricots (1/4 cup)	Cantaloupe (1/8 cup)
<i>Fluid Milk</i>		Milk (1/2 cup)	Milk (1/2 cup)	Milk (3/4 cup)	Milk (1/2 cup)
<b>Snack (2 only)</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
<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 (1/5 oz)	HM Hummus (1/5 oz)		
<i>Vegetable</i>					
<i>Fruit</i>				Orange Juice Popsicles (1/2 cup)	Misc Fruit (1/2 cup) (Smoothie )
<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<sub>u</sub> indicates dairy foods

All items subject to change