

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>	Chex (1/2 oz)	HM Overnight Muesli d (1/2 oz)	HM Oatmeal (1/2 oz)	Raisin Bread* (1/2 oz)	HM Blueberry Muffins* d (1/2 oz)
<i>Fruit/Veggie</i>	Apples (1/2 cup)	Mandarins (1/2 cup)	Bananas (1/2 cup)	Pears (1/2 cup)	Cantaloupe (1/2 cup)
<i>Fluid Milk</i>	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)
<i>M/MA</i>					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Polenta (1/2 oz) (Cheesy Polenta)	Bagels* (1/2 oz)	Whole Wheat Tortillas* (1/2 oz)	Pasta* (1/2 oz) (Spaghetti Pie) d	Brown Rice* (1/4 cup) (Spanish Rice)
<i>M/MA</i>	Cheese (1.5 oz)	Cheese (1.5 oz) Bagel Pizza)	Refried beans (1/2 cup) (Burritos)	Cheese (1/4 cup)	Black Beans (1/2 cup)
<i>Vegetable</i>	Misc Veggies (1/4 cup)	Tomato Sauce (1/4 cup)	Tomatos & Olives (1/4 cup)	Green Beans (1/4 cup)	Corn (1/4 cup)
<i>Fruit or Veggie</i>	Pears (1/4 cup)	Pineapple (1/4 cup)	Apricots (1/4 cup)	Apples (1/4 cup)	Oranges (1/4 cup)
<i>Fluid Milk</i>	Milk (3/4 cup)	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>	Saltine Crackers* (1/2 oz)	English Muffins* (1/2 oz)	HM Orange Zucchini Bread* (1/2 oz)	Graham Crackers* (1/2 oz)	Trail Mix* (1/2 oz)
<i>M/MA</i>	Hummus (1/2 cup)	String Cheese (1/5 oz)			
<i>Vegetable</i>					
<i>Fruit</i>			Peaches (1/2 cup)	Banana (Banana Pops) (1/2 cup)	Misc Fruit (1/2 cup) (Smoothie Pops)
<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