

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)	Raisin Bread* (1/2 oz)	HM Oatmeal (1/2 oz)		HM Banana Bread* (1/2 oz)
<i>Fruit/Veggie</i>	Peaches (1/2 cup)	Bananas (1/4 cup)	Blueberries (1/4 cup)	Apricots (1/4 cup)	Applesauce (1/4 cup)
<i>Fluid Milk</i>	Milk (3/4 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)
				Yogurt d (1/4 cup)	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Corn Tortillas (1/2 oz)	Spaghetti* (1/2 oz)	Brown Rice* (1/2 oz) (HM Spanish Rice)	English Muffins* (1/2 oz)	Whole Wheat Bread* (1/2 oz)
<i>M/MA</i>	Refried Beans (1/4 cup) (Tortilla Cass)	Cheese (1 oz)(Spaghetti Pie)	Black Beans (1/4 cup)	Cheese (1 oz) (HM Pizza Muffins)	String Cheese (1 oz)
<i>Vegetable</i>	Tomato Sauce (1/8 cup)	Marinara Sauce (1/8 cup)	Peas & Carrots (1/8 cup)	Tomato Sauce (1/8 cup)	Butternut Squash (1/8 cup) (Butternut Soup)
<i>Fruit or Veggie</i>	Mandarins (1/8 cup)	Pears (1/8 cup)	Apples (1/8 cup)	Pineapple (1/8 cup)	Honeydew (1/8 cup)
<i>Fluid Milk</i>	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)
Snack (2 only)	Snack	Snack	Snack	Snack	Snack
<i>Grain</i>	Trail Mix *d (1/2 oz)	Graham Crackers * (1/2 oz)	Bagels *d (1/2 oz)	Saltine Crackers * (1/2 oz)	Graham Crackers* (1/2 oz)
<i>M/MA</i>	Cheese Chunks (1/2 oz)		Cheddar Cheese (1/5 oz)(Cheesey Bagels)		
<i>Vegetable</i>					
<i>Fruit</i>		Orange Juice Pops (1/2 cup)		Banana Pops (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
 d indicates dairy foods

All items subject to change