

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>	Cheerios* (1/3 cup)	Bagels* (1/2 serving)	HM Bran Muffins* (1/2 serving)	Bran Flakes (1/3 cup)	Center Closed
<i>Fruit/Veggie</i>	Mandarins (1/2 cup)	Applesauce (1/2 cup)	Apples (1/2 cup)	Pears (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	
<i>Grain</i>	Brown Rice (1/4 cup)	Spaghetti* (1/4 cup)	Whole Wheat Bread* (1/2 slice)	Tortilla Chips (1/4 cup) (Chilaquillas)	Center Closed
<i>M/MA</i>	Cheese (1.5 oz) (Cheese Olive Rice)	Cheese (1.5 oz) (Spaghetti Pie)	Eggs (3/4 serving) (Egg Salad Sandwich)	Refried Beans (1/2 cup)	
<i>Vegetable</i>	Olives (1/4 cup)	Marinara Sauce (1/4 cup)	Peas and Carrots (1/4 cup)	Tomato Sauce (1/4 cup)	
<i>Fruit or Veggie</i>	Peaches (1/4 cup)	Cantaloupe (1/4 cup)	Pears (1/4 cup)	Bananas (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	
<i>Grain</i>	Raisin Bread (1/2 slice)	Trail Mix* (1/2 oz)	Graham Crackers * (1/2 oz)	Saltine Crackers* (1/2 oz)	Center Closed
<i>M/MA</i>			Yogurt (1/4 cup) (Frozen Yogurt Pops)	Cheese Chunks (1.5 oz)	
<i>Vegetable</i>					
<i>Fruit</i>	Bananas (1/2 cup)	Mandarins (1/2 cup)			
<i>Fluid Milk</i>					

Children 12-14 months are served whole, unflavored milk
 Children over 24 months are served 1%, unflavored milk

* indicates WGR foods
All items subject to change