

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> | Waffles* (1/2 oz) | HM Baked French Toast*d (1/2 oz) | Cheerios * (1/2 oz) | HM Sweet Potato Pancakes*d (1/2 oz) | |
| <i>Fruit/Veggie</i> | Applesauce (1/4 cup) | Bananas (1/2 cup) | Pears (1/2 cup) | Apricots (1/2 cup) | Bananas (1/4 cup) |
| <i>Fluid Milk</i> | Milk (1/2 cup) | Milk (3/4 cup) | Milk (3/4 cup) | Milk (3/4 cup) | Milk (1/2 cup) |
| <i>M/MA</i> | | | | | Yogurt (1/4 cup) |
| Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| <i>Grain</i> | Elbow macaroni* (1/2 oz) | Rye Bread* (1/2 oz) | Biscuits*d (1/2 oz) | Polenta* (1/2 oz) | Pie Crust* (1/2 oz) |
| <i>M/MA</i> | Cheese (Mac n Cheese)(1 oz) | Eggs (3/4 serving) (Egg Salad Sandwich) | String Cheese (1 oz) | Cheese (1 oz)(Cheesy Polenta Pie) | Eggs (3/4 cup) (Quiche) |
| <i>Vegetable</i> | Green Beans (1/8 cup) | Peas & Carrots (1/8 cup) | Corn (1/8 cup) (Corn Chowder) | Misc Veggies (1/8 cup) | Peas and Carrots (1/8 cup) |
| <i>Fruit or Veggie</i> | Apples (1/8 cup) | Peaches (1/8 cup) | Mandarins (1/8 cup) | Honeydew (1/8 cup) | Cantaloupe (1/8 cup) |
| <i>Fluid Milk</i> | Milk (1/2 cup) | Milk (3/4 cup) | Milk (1/2 cup) | Milk (1/2 cup) | Milk (1/2 cup) |
| | | | | | |
| Snack (2 only) | Snack | Snack | Snack | Snack | Snack |
| <i>Grain</i> | | Pita Bread* (1/2 oz) | Bagels* (1/2 oz) | HM Cranberry Orange Scones* (1/2 oz) | Graham Crackers* (1/2 oz) |
| <i>M/MA</i> | Cottage Cheese (1.5 oz) | Garbanzo Beans (Hummus) (1.5 oz) | Cheese Chunks (1.5 oz) | | |
| <i>Vegetable</i> | | | | | |
| <i>Fruit</i> | Peaches (1/2 cup) | | | | Misc Fruits (1/2 cup) (Smoothies Pops) |
| <i>Fluid Milk</i> | | | | Milk (1/2 cup) | |

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