

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>	Center Closed	Center Closed	Cheerios (1/2 oz) GF	Waffles* (1/2 oz)	Chex (1/2 oz) GF
<i>Fruit/Veggie</i>			Peaches (1/2 cup)	Applesauce (1/2 cup)	Apricots (1/2 cup)
<i>Fluid Milk</i>			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>	Center Closed	Center Closed	Corn Tortillas (1/2 oz) GF	Brown Rice (1/2 oz) GF	Elbow Macaroni* (1/2 oz)
<i>M/MA</i>			Refried Beans (1.5 oz)	Black Beans (1.5 oz)	Cheese (1.5 oz) (Mac and Cheese)
<i>Vegetable</i>			Tomato Sauce (1/4 cup) (Tortilla Cass)	Peas and Carrots (1/4 cup) (Spanish Rice)	Green Beans (1/4 cup)
<i>Fruit or Veggie</i>			Apricots (1/4 cup)	Oranges (1/4 cup)	Honeydew (1/4 cup)
<i>Fluid Milk</i>			Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)
Snack (2 only)	Snack	Snack	Snack	Snack	Snack
<i>Grain</i>	Center Closed	Center Closed	Saltine Crackers* (1/2 oz)	HM Trail Mix* (1/2 oz)	HM Blueberry Muffins*d (1/2 oz)
<i>M/MA</i>			String Cheese (1/2 oz)		
<i>Vegetable</i>					
<i>Fruit</i>				Peaches (1/2 cup)	Oranges (1/2 cup)
<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
GF indicates gluten free

All items subject to change