

CHILDREN'S CENTER WEEKLY MENU

Component	Monday	Tuesday	Wednesday	Thursday	Friday
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 (1/4 cup)	Applesauce (1/4 cup)	Apricots (1/4 cup)
<i>Fluid Milk</i>			Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 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 oz)	Black Beans (1 oz)	Cheese (Mac and Cheese)(1 oz)
<i>Vegetable</i>			Tomato Sauce (1/8 cup) (Tortilla Cass)	Peas and Carrots (1/8 cup) (Spanish Rice)	Green Beans (1/8 cup)
<i>Fruit or Veggie</i>			Apricots (1/8 cup)	Mandarins (1/8 cup)	Honeydew (1/8 cup)
<i>Fluid Milk</i>			Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 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 _l (1/2 oz)
<i>M/MA</i>			String Cheese (1/2 oz)		
<i>Vegetable</i>					
<i>Fruit</i>				Peaches(1/2 cup)	Mandarins (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 GF indicates gluten free
 d_l indicates dairy foods

All items subject to change