

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	Chex (1/2 oz)	HM Overnight Muesli* (1/2 oz)	Cheerios* (1/2 oz)	Waffles* (1/2 oz)
<i>Fruit/Veggie</i>		Peaches (1/4 cup)	Mandarins (1/2 cup)	Cantaloupe (1/4 cup)	Applesauce (1/4 cup)
<i>Fluid Milk</i>		Milk (1/2 cup)	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	Whole Wheat Tortillas*(1/2 oz)	Polenta (1/2 oz) (Cheesy Polenta)	Brown Rice* (1/2 oz)	Corn Tortillas* (1/2 oz)
<i>M/MA</i>		Cheese _d (Quesadillas)(1 oz)	Cheese (1 oz)	Cheese (1 oz) (Cheese Olive Rice)	Refried beans (1/4 cup) (Tortilla Cass)
<i>Vegetable</i>		Broccoli (1/8 cup)	Misc Veggies (1/8 cup)	Green Beans (1/8 cup)	Tomato Sauce (1/8 cup)
<i>Fruit or Veggie</i>		Apricots (1/8 cup)	Apples (1/8 cup)	Mandarins (1/8 cup)	Bananas (1/8 cup)
<i>Fluid Milk</i>		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>	Center Closed	English Muffins * (1/2 oz)	HM Orange Zucchini Bread* (1/2 oz)	Graham Crackers * (1/2 oz)	Trail Mix * _d (1/2 oz)
<i>M/MA</i>		String Cheese (1/5 oz)		Cottage Cheese (1/5 oz)	
<i>Vegetable</i>					
<i>Fruit</i>			Bananas (1/2 cup)		Misc Fruit (1/2 cup) (Smoothie Pops)
<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