

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>	Raisin Bread*_d (1/2 oz)	Cheerios* (1/2 oz)	HM Pear Scones*_d (1/2 oz)	Chex (1/2 oz)	HM Oatmeal (1/2 oz)
<i>Fruit/Veggie</i>	Apricots (1/4 cup)	Honeydew (1/2 cup)	Bananas (1/2 cup)	Pears (1/2 cup)	Blueberries (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>					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Elbow macaroni* (1/2 oz)	Bagels* (1/2 oz)	Whole Wheat Tortillas (1/2 oz)	Brown Rice* (1/2 oz)	Tortilla Chips (1/2 oz) (Chilaquillas)
<i>M/MA</i>	Cheese (Mac n Cheese)(1 oz)	Cheese (1 oz) (Bagel Pizza)	Refried Beans (1 oz) (Bean Burritos)	Cheese (1 oz)(Cheese Olive Rice)	Black Beans (1/2 cup)
<i>Vegetable</i>	Green Beans (1/8 cup)	Tomato Sauce (1/8 cup)	Tomatos & Olives (1/8 cup)	Green Beans (1/8 cup)	Tomato Sauce (1/4 cup)
<i>Fruit or Veggie</i>	Apples (1/8 cup)	Pineapple (1/8 cup)	Apricots (1/8 cup)	Mandarins (1/8 cup)	Honeydew (1/4 cup)
<i>Fluid Milk</i>	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (3/4 cup)
Snack (2 only)	Snack	Snack	Snack	Snack	Snack
<i>Grain</i>	HM Blueberry Muffins*_d (1/2 oz)	Graham Crackers* (1/2 oz)	Saltine Crackers* (1/2 oz)	Waffles* (1/2 oz)	HM Sour Cream Pumpkin Muffins*_d (1/2 oz)
<i>M/MA</i>				Cheese Chunks (1.5 oz)	
<i>Vegetable</i>					
<i>Fruit</i>	Peaches (1/2 cup)	Misc Fruits (1/2 cup) (Smoothies)	100% Orange Juice popisicles (1/2 cup)		
<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