

CHILDREN'S CENTER WEEKLY MENU

Component	Monday Food/Serving	Tuesday Food/Serving	Wednesday Food/Serving	Thursday Food/Serving	Friday Food/Serving
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<i>Grain</i>	Raisin Bread*d <sub>l</sub> (1/2 oz)	HM Pear Scones*d <sub>l</sub> (1/2 oz)	HM Oatmeal* (1/2 oz)	HM Orange Zucchini Bread * (1/2 oz)	
<i>Fruit/Veggie</i>	Apples (1/4 cup)	Bananas (1/4 cup)	Blueberries (1/4 cup)	Apples (1/4 cup)	Peaches (1/4 cup)
<i>Fluid Milk</i>	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)
<i>M/MA</i>					Yogurt (1/4 cup)
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<i>Grain</i>	Brown Rice (1/2 oz)	Pie Crust* (1/2 oz)	Garden Spiral Noodles* (1/2 oz)	Biscuits*d <sub>l</sub> (1/2 oz)	Rye Bread* (1/2 oz)
<i>M/MA</i>	Cheese (1 oz) (Cheese Olive Rice)	Eggs (3/4 cup ) (Quiche)	Cheese (1 oz) (Broccoli Noodle Cass)d <sub>l</sub>	String Cheese (1 oz)	Eggs (3/4 cup ) (Egg Salad)
<i>Vegetable</i>	Olives (1/8 cup)	Peas and Carrots (1/8 cup)	Broccoli (1/8 cup)	Misc Vegetables (1/8 cup) (Veg Chili)	Carrot Sticks (1/8 cup)
<i>Fruit or Veggie</i>	Mandarins (1/8 cup)	Cantaloupe (1/8 cup)	Pears (1/8 cup)	Honeydew (1/8 cup)	Pears (1/8 cup)
<i>Fluid Milk</i>	Milk (3/4 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)
<b>Snack (2 only)</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
<i>Grain</i>		Bagels* (1/2 oz)	Graham Crackers *d <sub>l</sub> (1/2 oz)	Pita* (1/2 oz)	HM Yummy Crumb Cake*d <sub>l</sub> (1/2 oz)
<i>M/MA</i>	Cottage Cheese (1/2 oz)	Cheddar Cheese Chunks (1/2 oz)		Hummus (1/2 oz)	
<i>Vegetable</i>					
<i>Fruit</i>	Peaches (1/2 cup)		Misc Fruits (1/2 cup) (Smoothie Pops)		
<i>Fluid Milk</i>					Milk (1/2 cup)

Children 12-24 months are served whole, unflavored milk  
 Children over 24 months are served 1%, unflavored milk

\* indicates WGR foods  
 d<sub>l</sub> indicates dairy foods

All items subject to change