

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-Holiday	Raisin Bread*_d (1/2 oz)	HM Baked French Toast*_d (1/2 oz)	Chex (1/2 oz)	HM Blueberry Muffins * (1/2 oz)
<i>Fruit/Veggie</i>		Apples (1/4 cup)	Bananas (1/4 cup)	Peaches (1/4 cup)	Mandarins (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-Holiday	Corn Tortillas (1/2 oz)	Polenta* (1/2 oz)	Penne Pasta* (1/4 cup)	Whole Wheat Bread* (1/2 oz)
<i>M/MA</i>		Refried Beans (1/4 cup) (Tortilla Cass)	Cheese (1 oz)(Cheesy Polenta Pie)	Cheese (1 oz)(Baked Pasta)	Eggs (3/4 serving) (Egg Puff)
<i>Vegetable</i>		Tomato Sauce (1/8 cup)	Misc Veggies (1/8 cup)	Marinara Sauce (1/8 cup)	Zucchini (1/8 cup)
<i>Fruit or Veggie</i>		Peaches (1/8 cup)	Honeydew (1/8 cup)	Bananas (1/8 cup)	Watermelon (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-Holiday	Whole Wheat Crackers *_d (1/ 2oz)	Rye Bread *_d (1/ 2oz)	Graham Crackers *_d (1/2 oz)	Pita Bread* (1/2 oz)
<i>M/MA</i>					HM Hummus (1/2 oz)
<i>Vegetable</i>			Carrot Sticks (1/2 cup)		
<i>Fruit</i>		Mandarins (1/2 cup)		Misc Fruits (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