

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>	Cheerios* (1/2 oz)	HM Bran Muffins* (1/2 oz)	Chex (1/2 oz)		HM Oatmeal (1/2 oz)
<i>Fruit/Veggie</i>	Oranges (1/2 cup)	Bananas (1/2 cup)	Pears (1/2 cup)	Apricots (1/2 cup)	Apples (1/2 cup)
<i>Fluid Milk</i>	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)
				Yogurt (1/4 cup)	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Brown Rice* (1/2 oz) (Spanish Rice)	Polenta* (1/2 oz)	Elbow macaroni* (1/2 oz)	Lasagna* (1/2 oz)	Whole Wheat Bread* (1/2 oz)
<i>M/MA</i>	Black beans (1/2 cup)	Cheese (1.5 oz) (Cheesy Polenta Pie)	Cheese (Mac n Cheese)(1.5 oz)	Cheese (Lasagna)(1.5 oz)	String Cheese (1.5 oz)
<i>Vegetable</i>	Peas and Carrots (1/4 cup)	Misc Vegetables (1/4 cup)	Green Beans (1/4 cup)	Green Beans (1/4 cup)	Misc Veggies (1/4 cup)(Bean Stew)
<i>Fruit or Veggie</i>	Apples (1/4 cup)	Cantaloupe (1/4 cup)	Apricots (1/4 cup)	Honeydew (1/4 cup)	Peaches (1/4 cup)
<i>Fluid Milk</i>	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)
Snack (2 only)	Snack	Snack	Snack	Snack	Snack
<i>Grain</i>	Raisin Bread* (1/2 oz)	Pita Bread * (1/2 oz)	Graham Crackers * (1/2 oz)	Saltines * (1/2 oz)	Graham Crackers * (1/2 oz)
<i>M/MA</i>	Cream Cheese (1.5 oz)	HM Hummus (1/2 oz)		String Cheese (1/2 oz)	
<i>Vegetable</i>					
<i>Fruit</i>			Misc Fruit (1/2 cup) (Smoothie Pops)		Bananas (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
 d indicates dairy foods

All items subject to change