

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>	Chex (1/2 oz) GF	HM Oatmeal* (1/2 oz)	Cheerios (1/2 oz) GF	HM Bran Muffins* (1/2 oz)	Oats* (Overnight Muesli) d _l (1/2 oz)
<i>Fruit/Veggie</i>	Apricots (1/2 cup)	Blueberries (1/2 cup)	Pears (1/2 cup)	Oranges (1/2 cup)	Bananas (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)
<i>M/MA</i>					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Elbow Macaroni* (1/2 oz)	Tortilla Chips (1/2 oz) (Chilaquillas) GF	Lasagna Noodles* (1/2 oz)	Biscuits* (1/2 oz)	Bagels* (1/2 oz)
<i>M/MA</i>	Cheese (Mac n Cheese)(1 oz)	Black Beans (1/2 cup)	Cheese (1.5 oz) (Lasagna)	String Cheese (1 oz)	Cheese (1.5 oz) (HM Pizza Bagels)
<i>Vegetable</i>	Green Beans (1/4 cup)	Tomato Sauce (1/4 cup)	Tomato Sauce (1/4 cup)	Mis Veggies (1/4 cup)(Veggie Chili) GF	Green Beans (1/4 cup)
<i>Fruit or Veggie</i>	Apples (1/4 cup)	Peaches (1/4 cup)	Oranges (1/4 cup)	Pears (1/4 cup)	Pineapple (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>	Pita* (1/2 oz)	HM Gingerbread (1/2 oz)	Orzo Pasta (1/2 cup) (HM Orzo Salad)*d _l	HM Yummy Crumb Cake*d_l (1/2 oz)	Graham Crackers* (1/2 oz)
<i>M/MA</i>	Hummus (1/2 cup)				
<i>Vegetable</i>					
<i>Fruit</i>			Peaches (1/2 cup)		Misc Fruit (1/2 cup) (Smoothies) GF
<i>Fluid Milk</i>		Milk (3/4 cup)		Milk (3/4 cup)	

Children 12-24 months are served whole, unflavored milk

Children over 24 months are served 1%, unflavored milk

* indicates WGR foods

d_l indicates dairy foods

GF indicates gluten free

All items subject to change