

## 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>	<b>Chex</b> (1/2 oz) GF	<b>HM Oatmeal*</b> (1/2 oz)	<b>Cheerios</b> (1/2 oz) GF	<b>HM Bran Muffins*</b> (1/2 oz)	<b>Oats*</b> (Overnight Muesli) d <sub>l</sub> (1/2 oz)
<i>Fruit/Veggie</i>	<b>Apricots</b> (1/4 cup)	<b>Blueberries</b> (1/4 cup)	<b>Pears</b> (1/4 cup)	<b>Mandarins</b> (1/4 cup)	<b>Bananas</b> (1/4 cup)
<i>Fluid Milk</i>	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)
<i>M/MA</i>					
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<i>Grain</i>	<b>Elbow Macaroni*</b> (1/2 oz)	<b>Tortilla Chips</b> (1/2 oz) (Chilaquillas) GF	<b>Lasagna Noodles*</b> (1/2 oz)	<b>Biscuits*</b> (1/2 oz)	<b>Bagels*</b> (1/2 oz)
<i>M/MA</i>	<b>Cheese</b> (Mac n Cheese)(1 oz)	<b>Black Beans</b> (1/2 cup)	<b>Cheese</b> (1.5 oz) (Lasagna)	<b>String Cheese</b> (1 oz)	<b>Cheese</b> (1.5 oz) (HM Pizza Bagels)
<i>Vegetable</i>	<b>Green Beans</b> (1/8 cup)	<b>Tomato Sauce</b> (1/8 cup)	<b>Tomato Sauce</b> (1/8 cup)	<b>Mis Veggies</b> (1/8 cup)(Veggie Chili) GF	<b>Corn</b> (1/8 cup)
<i>Fruit or Veggie</i>	<b>Apples</b> (1/8 cup)	<b>Bananas</b> (1/8cup)	<b>Mandarins</b> (1/8 cup)	<b>Pears</b> (1/8 cup)	<b>Pineapple</b> (1/8 cup)
<i>Fluid Milk</i>	<b>Milk</b> (1/2cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (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>	<b>Pita*</b> (1/2 oz)	<b>HM Gingerbread</b> (1/2 oz)	<b>Orzo Pasta</b> (1/4 cup) (HM Orzo Salad)*d <sub>l</sub>	<b>HM Yummy Crumb Cake*d<sub>l</sub></b> (1/2 oz)	<b>Graham Crackers*</b> (1/2 oz)
<i>M/MA</i>	<b>Hummus</b> (1/4 cup)				
<i>Vegetable</i>					
<i>Fruit</i>			<b>Peaches</b> (1/4 cup)		<b>Misc Fruit</b> (1/4 cup) (Smoothies) GF
<i>Fluid Milk</i>		<b>Milk</b> (1/2 cup)		<b>Milk</b> (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

GF indicates gluten free

All items subject to change