

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 Orange Zucchini Bread* (1/2 oz) | HM Oatmeal* (1/2 oz) | HM Sour Cream Pumpkin Muffins*d_l (1/2 oz) | English Muffins* (1/2 oz) |
| <i>Fruit/Veggie</i> | Mandarins (1/4 cup) | Bananas (1/4 cup) | Blueberries (1/4 cup) | Peaches (1/4 cup) | Applesauce (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> | | | | | |
| Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| <i>Grain</i> | Brown Rice (1/2 oz) (Spanish Rice) GF | Garden Spiral Noodles* (1/2 oz) | Biscuits* (1/2 oz) | Lasagna Noodles* (1/2 oz) | Bagels* (1/2 oz) |
| <i>M/MA</i> | Black beans (1/2 cup) | Cheese (1.5 oz) (Brocc Noodle Casse) | String Cheese (1 oz) | Cheese (1.5 oz) (Lasagna) | Cheese (1.5 oz) (Pizza Bagels) |
| <i>Vegetable</i> | Peas and Carrots (1/8 cup) | Broccoli (1/8 cup) | Misc Veggies GF (1/8 cup)(Veggie Chili) | Tomato Sauce (1/8 cup) | Olives (1/8 cup) |
| <i>Fruit or Veggie</i> | Apples (1/8 cup) | Watermelon (1/8 cup) | Apricots (1/8 cup) | Honeydew (1/8 cup) | Pineapple (1/8 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) |
| | | | | | |
| Snack (2 only) | Snack | Snack | Snack | Snack | Snack |
| <i>Grain</i> | Graham Crackers* (1/2 oz) | Waffles* (1/2 oz) | Pita Bread* (1/2 oz) | Saltine Crackers* (1/2 oz) | HM Yummy Crumb Cake*d_l (1/2 oz) |
| <i>M/MA</i> | | | Hummus (1/2 cup) | Yogurt Pops d_l (1/2 oz) | |
| <i>Vegetable</i> | | | | | |
| <i>Fruit</i> | Banana Pops (1/2 cup) | Applesauce (1/2 cup) | | | 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_l indicates dairy foods

GF indicates gluten free

All items subject to change