

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>	HM Oatmeal* (1/2 oz)	HM Yummy Crumb Cake*d (1/2 oz)	Raisin Bread*d (1/2 oz)	HM Cranberry Scones*d (1/2 oz)	HM Banana Bread*d (1/2 oz)
<i>Fruit/Veggie</i>	Blueberries (1/4 cup)	Bananas (1/4 cup)	Mandarins (1/4 cup)	Apples (1/4 cup)	Watermelon (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)	Whole Wheat Tortillas (1/2 oz)	English Muffins (1/2 oz)	Pie Crust* (1/2 oz)	Spaghetti* (1/2 oz)
<i>M/MA</i>	Cheese (1 oz) (Cheese Olive Rice)	Refried Beans (1/4 cup)	Cheese (1 oz) (English Muffin Pizza)	Eggs (3/4 cup) (Quiche)	Cheese (1 oz)(Spaghetti Pie)
<i>Vegetable</i>	Olives (1/8 cup)	Tomatos & Olives (1/8 cup)	Tomato Sauce (1/8 cup)	Peas and Carrots (1/8 cup)	Marinara Sauce (1/8 cup)
<i>Fruit or Veggie</i>	Mandarins (1/8 cup)	Peaches (1/8 cup)	Pineapple (1/8 cup)	Cantaloupe (1/8 cup)	Mandarins (1/8 cup)
<i>Fluid Milk</i>	Milk (3/4 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>	Goldfish Crackers *d (1/2 oz)	HM Orange Zucchini Bread * (1/2 oz)		Bagels* (1/2 oz)	Graham Crackers *d (1/2 oz)
<i>M/MA</i>	String Cheese (1 serving)		Cottage Cheese (1/2 oz)	Cheddar Cheese Chunks (1/2 oz)	
<i>Vegetable</i>					
<i>Fruit</i>			Peaches (1/2 cup)		Misc Fruits (1/2 cup) (Smoothies)
<i>Fluid Milk</i>		Milk (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 indicates dairy foods

All items subject to change