

## 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>Cheerios GF</b> (1/2 oz)		<b>HM Oatmeal</b> (1/2 oz)	<b>Blan Flakes*</b> (1/2 oz)	<b>HM Sweet Potato Pancakes*d</b> (1/2 oz)
<i>Fruit/Veggie</i>	<b>Peaches</b> (1/4 cup)	<b>Apricots</b> (1/4 cup)	<b>Blueberries</b> (1/2 cup)	<b>Mandarins</b> (1/4 cup)	<b>Bananas</b> (1/2 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>Yogurt</b> (1/2 oz)			
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<i>Grain</i>	<b>Corn Tortillas</b> (1/2 oz) GF	<b>Polenta GF</b> (1/2 oz)	<b>Tortilla Chips</b> (1/2 oz) (Chilaquillas) GF	<b>Garden Spiral Noodles*</b> (1/2 oz)	<b>Whole Wheat Bread*</b> (1/2 oz)
<i>M/MA</i>	<b>Refried Beans</b> (1 oz) (Tortilla Cass)	<b>Cheese d</b> (Cheesey Polenta)(1 oz)	<b>Black Beans</b> (1/2 cup)	<b>Cheese</b> (Brocc Noodle Cass)(1 oz)	<b>Cheese</b> (1 oz)(Grilled Cheese)
<i>Vegetable</i>	<b>Tomato Sauce</b> (1/8 cup)	<b>Misc Veggies</b> (1/8 cup)	<b>Tomato Sauce</b> (1/8 cup)	<b>Broccoli</b> (1/8 cup)	<b>Green Beans</b> (1/8 cup)
<i>Fruit or Veggie</i>	<b>Apples</b> (1/8 cup)	<b>Mandarins</b> (1/8 cup)	<b>Peaches</b> (1/8 cup)	<b>Watermelon</b> (1/8 cup)	<b>Pears</b> (1/8 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)
<b>Snack (2 only)</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
<i>Grain</i>	<b>HM Pear Scones*d</b> (1/2 oz)	<b>Graham Crackers *</b> (1/2 oz)		<b>Bagels *</b> (1/2 oz)	<b>HM Bran Muffins*</b> (1/2 oz)
<i>M/MA</i>			<b>Cottage Cheese</b> (1/5 oz)		
<i>Vegetable</i>					
<i>Fruit</i>	<b>Apricots</b> (1/2 cup)	<b>Misc Fruit</b> (1/2 cup) (Smoothie Pops)	<b>Pineapple</b> (1/2 cup)	<b>Orange Juice</b> (1/2 cup) (OJ Pops)	<b>Cantaloupe</b> (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      GF indicates gluten free  
 d indicates dairy foods

All items subject to change