

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	Raisin Bread * (1/2 oz)	Oats* (Overnight Muesli) d _l (1/2 oz)	HM Cranberry Orange Scones* (1/2 oz)	Bran Flakes (1/2 oz)
<i>Fruit/Veggie</i>	Watermelon (1/2 cup)	Cantaloupe (1/2 cup)	Mandarins (1/2 cup)	Bananas (1/2 cup)	Apricots (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>	Brown Rice* (1/2 oz) GF (HM Cheese Olive Rice)*d _l	Biscuits* (1/2 oz)	Elbow Macaroni* (1/2 oz)	Brown Rice (1/4 cup)(Spanish Rice)	Spaghetti Noodles* (1/2 oz)
<i>M/MA</i>	Cheddar Cheese (1 oz)	String Cheese (1 oz)	Cheese (Mac n Cheese)(1 oz)	White Beans (1/2 cup)	Cheese (1 oz) (Spaghetti Pie)
<i>Vegetable</i>	Corn (1/4 cup)	Mis. Veggies (1/4 cup) (Minestrone Soup)	Green Beans (1/4 cup)	Peas & Carrots (1/4 cup)	Marinara Sauce (1/4 cup)
<i>Fruit or Veggie</i>	Honeydew (1/4 cup)	Oranges (1/4 cup)	Apples (1/4 cup)	Cantaloupe (1/4 cup)	Peaches (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>	HM Applesauce Cookies* (1/2 oz)	Pita* (1/2 oz)	Trail Mix * (1/2 oz)	Oats* (1/2 oz)	Cheesy Cornbread* d _l (1/2 oz)
<i>M/MA</i>		HM Hummus (1/2 cup)			
<i>Vegetable</i>					
<i>Fruit</i>			Pineapple (1/2 cup)	HM Baked Apple Wedges* (1/2 cup)	
<i>Fluid Milk</i>	Milk (3/4 cup)			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 GF indicates gluten free

d_l indicates dairy foodsAll items subject to change