

**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>
Grain	<i>Closed for Juneteenth</i>	HM Oatmeal* (v) (1/2 oz)	Chilaquiles (v) (1/2 oz)	Toast* (v) (1/2 slice)	HM Overnight Muesli* <sup>d</sup> (1/2 oz) (NDO)
Fruit/Veggie		Pears (1/4 cup)	Pineapple (1/4 cup)	Peaches (1/4 cup)	Blueberries (1/4 cup)
Fluid Milk		Milk (1/2 cup)	Milk (1/2 cup)		Milk (1/2 cup)
M/MA				Hard Boiled Eggs (1/2 oz)	
<b>Lunch</b>		<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Grain		Biscuit* <sup>d</sup> (1/2 oz) (NDO)	Tortilla* (1/2 oz)	Spaghetti* (1/2 oz) (HM Spaghetti Pie) <sup>d</sup> (NDO)	HM Broccoli Noodle Casserole* (1/2 oz) <sup>d</sup>
M/MA		Kidney Beans (1/4 cup)	Eggs (1/2)	Cheese (1 oz)	Cheese (1 oz)
Vegetable		HM Apple-Butternut Squash Soup (v) (1/8 cup)	Potatoes (1/8 cup)	Tomato (1/8 cup)	Broccoli (1/8 cup)
Fruit or Veggie		Apples (1/8 cup)	Mandarins (1/8 cup)	Watermelon (1/8 cup)	Peaches (1/8 cup)
Fluid Milk		Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)
<b>Snack (2 only)</b>		<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Grain		HM Baked Apple Wedges* (1/2 oz)	Trail Mix (1/2 oz)	HM Banana Cookies* (1/2 oz)	Orange-Zucchini Bread* (1/2 oz)
M/MA			HM Hummus (1/8 cup)		Yogurt <sup>d</sup> (1/4 cup) (NDO)
Vegetable					
Fruit		Apples (1/2 cup)		Apricots (1/2 cup)	
Fluid Milk					

Children 12-24 months are served whole, unflavored milk

Children over 24 months are served 1%, unflavored milk

**All items subject to change**

\* indicates WGR foods

<sup>d</sup> indicates dairy foods

(v) indicates vegan foods

NDO indicates non-dairy option available