

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> | Cheerios* (1/3 cup) | Oatmeal * (1/2 serving) | Waffles* (1/2 serving) | | Bagels* (1/2 slice) |
| <i>Fruit/Veggie</i> | Banana (1/2 cup) | Pears (1/2 cup) | Applesauce (1/2 cup) | Peaches (1/2 cup) | Oranges (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> | | | | Yogurt (1/4 cup) | |
| Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| <i>Grain</i> | Tortilla Chips (1/4 cup) | Whole Wheat Bread* (1/2 slice) | Biscuits*d_l (1/2 serving) | Elbow Noodles* (1/4 cup) | Garden Sprial Noodles* (1/4 cup) |
| <i>M/MA</i> | Black beans (1/2 cup) (Chilaquiles) | Eggs (3/4 cup) (Egg Puff) d_l | Cheese (1.5 oz) d_l | Cheese (1.5 oz) (Mac n Cheese) d_l | Cheese (1.5 oz) (Broccoli Noodle Cass) d_l |
| <i>Vegetable</i> | Tomato Sauce (1/4 cup) | Zucchini (1/4 cup) | Corn (1/4 cup) (Corn Chowder) | Green Beans (1/4 cup) | Broccoli (1/4 cup) |
| <i>Fruit or Veggie</i> | Honeydew (1/4 cup) | Watermelon (1/4 cup) | Honeydew (1/4 cup) | Oranges (1/4 cup) | Pears (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> | | Trail Mix* d_l (1/2 oz) | Saltines* d_l (1/2 oz) | Graham Crackers*d_l (1/2 oz) | HM Apple Muffins* (1/2 serving) |
| <i>M/MA</i> | Cheddar Cheese Chunks (1 serving) d_l | | | | |
| <i>Vegetable</i> | | | | | |
| <i>Fruit</i> | Apples (1/2 cup) | Oranges (1/2 cup) | Peaches (1/2 cup) | Bananas (1/2 cup) (Banana Popsicles) | |
| <i>Fluid Milk</i> | | | | | Milk (1/2 cup) |

Children 12-14 months are served whole, unflavored milk
 Children over 24 months are served 1%, unflavored milk

* indicates WGR foods
 d_l indicates dairy foods

All items subject to change