

## 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*</b> (1/4 cup)	<b>Oatmeal *</b> (1/2 serving)	<b>Waffles*</b> (1/2 serving)		<b>Bagels*</b> (1/2 slice)
<i>Fruit/Veggie</i>	<b>Banana</b> (1/4 cup)	<b>Pears</b> (1/4 cup)	<b>Applesauce</b> (1/4 cup)	<b>Peaches</b> (1/4 cup)	<b>Mandarins</b> (1/4 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> (1/4 cup)	
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<i>Grain</i>	<b>Tortilla Chips</b> (1/4 cup) (Chilaquillas)	<b>Whole Wheat Bread*</b> (1/2 slice)	<b>Biscuits*d</b> (1/2 serving)	<b>Elbow Noodles*</b> (1/4 cup)	<b>Garden Spiral Noodles*</b> (1/4 cup)
<i>M/MA</i>	<b>Black Beans</b> (1/2 cup)	<b>Eggs</b> (Egg Puff) (3/4 serving ) <b>d</b>	<b>Cheese</b> (1 oz) <b>d</b>	<b>Cheese</b> (1 oz) (Mac n Cheese) <b>d</b>	<b>Cheese</b> (1 oz) (Broccoli Noodle Cass) <b>d</b>
<i>Vegetable</i>	<b>Tomato Sauce</b> (1/8 cup)	<b>Zucchini</b> (1/8 cup)	<b>Corn</b> (1/8 cup) (Corn Chowder)	<b>Green Beans</b> (1/8 cup)	<b>Broccoli</b> (1/8 cup)
<i>Fruit or Veggie</i>	<b>Honeydew</b> (1/8 cup)	<b>Watermelon</b> (1/8 cup)	<b>Honeydew</b> (1/8 cup)	<b>Mandarins</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>Trail Mix* d</b> (1/2 oz)	<b>Saltines* d</b> (1/2 oz)	<b>Graham Crackers*d</b> (1/2 oz)	<b>HM Apple Muffins*</b> (1/2 serving)
<i>M/MA</i>	<b>Cheddar Cheese Chunks</b> (1 serving) <b>d</b>				
<i>Vegetable</i>					
<i>Fruit</i>	<b>Apples</b> (1/4 cup)	<b>Mandarins</b> (1/4 cup)	<b>Peaches</b> (1/4 cup)	<b>Bananas</b> (1/4 cup) (Banana Popsicles)	
<i>Fluid Milk</i>					<b>Milk</b> (1/2 cup)

Children 12-14 months are served whole, unflavored milk

\* indicates WGR foods

Children over 24 months are served 1%, unflavored milk

d<sub>l</sub> indicates dairy foods

All items subject to change