

**CHILDREN'S CENTER WEEKLY MENU**

<b>Component</b>	<b>Monday Food/Serving</b>	<b>Tuesday Food/Serving</b>	<b>Wednesday Food/Serving</b>	<b>Thursday Food/Serving</b>	<b>Friday Food/Serving</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<i>Grain</i>	<b>Cheerios*</b> (1/2 oz)	<b>Raisin Bread*</b> (1/2 oz)	<b>HM Bran Muffins*</b> (1/2 oz)	<b>Chex* (1/2 oz)</b>	<b>HM Oatmeal (1/2 oz)</b>
<i>Fruit/Veggie</i>	<b>Oranges (1/2 cup)</b>	<b>Peaches (1/2 cup)</b>	<b>Bananas (1/2 cup)</b>	<b>Apricots (1/2 cup)</b>	<b>Blueberries (1/2 cup)</b>
<i>Fluid Milk</i>	<b>Milk (3/4 cup)</b>	<b>Milk (3/4 cup)</b>	<b>Milk (3/4 cup)</b>	<b>Milk (3/4 cup)</b>	<b>Milk (3/4 cup)</b>
<i>M/MA</i>					
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<i>Grain</i>	<b>Bagels*</b> (1/2 oz)	<b>Whole Wheat Bread*</b> (1/2 oz)	<b>Tortilla Chips (1/2 oz)</b> (Chilaquillas)	<b>Brown Rice*</b> (1/4 cup) (Spanish Rice)	<b>Penne Pasta*d</b> (1/4 cup) (Baked Pasta)
<i>M/MA</i>	<b>Cheese (1.5 oz)</b> Bagel Pizza)	<b>Cheese (1.5 oz)</b>	<b>Refried Beans (1/2 cup)</b>	<b>Black Beans (1/2 cup)</b>	<b>Cheese (1.5 oz)</b>
<i>Vegetable</i>	<b>Tomato Sauce (1/4 cup)</b>	<b>Potato (1/4 Potato Cheese Butternut Soup)</b>	<b>Tomato Sauce (1/4 cup)</b>	<b>Corn (1/4 cup)</b>	<b>Green Beans (1/4 cup)</b>
<i>Fruit or Veggie</i>	<b>Pineapple (1/4 cup)</b>	<b>Honeydew (1/4 cup)</b>	<b>Pears (1/4 cup)</b>	<b>Oranges (1/4 cup)</b>	<b>Apples (1/4 cup)</b>
<i>Fluid Milk</i>	<b>Milk (3/4 cup)</b>	<b>Milk (3/4 cup)</b>	<b>Milk (3/4 cup)</b>	<b>Milk (3/4 cup)</b>	<b>Milk (3/4 cup)</b>
<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 Trail Mix*d</b> (1/2 oz)	<b>Graham Crackers*d</b> (1/2 oz)	<b>Saltine Crackers*</b> (1/2 oz)	<b>Pita Bread*</b> (1/2 oz)	<b>Graham Crackers*d</b> (1/2 oz)
<i>M/MA</i>	<b>String Cheese (1/5 oz)</b>			<b>Cottage Cheese (1/5 oz)</b>	
<i>Vegetable</i>		<b>Pumpkin (1/4 cup)</b> (Pumpkin Cream Cheese)			
<i>Fruit</i>			<b>Orange Juice Pops (1/2 cup)</b>		<b>Misc Fruit Smoothies (1/2 cup)</b>
<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  
 d indicates dairy foods

**All items subject to change**