

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>	Bran Flakes* (1/2 oz)	Waffles* (1/2 oz)	Oats* (Overnight Muesli) d _l (1/2 oz)	HM Banana Bread* (1/2 oz)	Bagels* (1/2 oz)
<i>Fruit/Veggie</i>	Pineapple (1/2 cup)	Applesauce (1/2 cup)	Mandarins (1/2 cup)	Pears (1/2 cup)	Apples (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	Elbow macaroni* (1/2 oz)	Biscuits* (1/2 oz)	Corn Tortilla* (1/2 oz) (HM Black Bean & Potato Enchiladas) GF	Penne Pasta* (1/2 oz)
<i>M/MA</i>	Cheddar Cheese (1 oz)	Cheese (Mac n Cheese)(1 oz)	String Cheese (1 oz)	Black Beans (1 oz)	Cheese (1 oz)(Baked Pasta)
<i>Vegetable</i>	Peas and Carrots (1/4 cup)	Green Beans (1/4 cup)	Butternut Squash (1/4 cup)(Apple Butternut Soup)	Potatoes (1/4 cup)	Tomato Sauce (1/4 cup)
<i>Fruit or Veggie</i>	Apricots (1/4 cup)	Peaches (1/4 cup)	Bananas (1/4 cup)	Apples (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>	HM Baked Oatmeal*d_l (1/2 oz) GF	HM Cranberry Orange Scones* (1/2 oz)	Raisin Bread * (1/2 oz)	Saltine Crackers * (1/2 oz)	Graham Crackers* (Graham Cracker Sand) (1/2 oz)
<i>M/MA</i>			Cream Cheese (1/2 oz)	Cheese Chunks (1/5 oz)	Yogurt d_l (1/2 oz)
<i>Vegetable</i>					
<i>Fruit</i>	Oranges (1/2 cup)				
<i>Fluid Milk</i>		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 foods

All items subject to change