

## 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> (1/2 oz)	<b>Bagels*</b> (1/2 oz)	<b>HM Bran Muffins*</b> (1/2 oz)	<b>HM Oatmeal</b> (1/2 oz)	
<i>Fruit/Veggie</i>	<b>Oranges</b> (1/2 cup)	<b>Pears</b> (1/2 cup)	<b>Bananas</b> (1/2 cup)	<b>Apples</b> (1/2 cup)	<b>Apricots</b> (1/2 cup)
<i>Fluid Milk</i>	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)
					<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>Brown Rice*</b> (1/2 oz) (Spanish Rice)	<b>Polenta*</b> (1/2 oz)	<b>Whole Wheat Bread*</b> (1/2 oz)	<b>Elbow macaroni*</b> (1/2 oz)	<b>Tortilla Chips</b> (Chiliquillas) (1/2 oz)
<i>M/MA</i>	<b>Black beans</b> (1/2 cup)	<b>Cheese</b> (1.5 oz) (Cheesy Polenta Pie)	<b>String Cheese</b> (1.5 oz)	<b>Cheese</b> (Mac n Cheese)(1.5 oz)	<b>Refried beans</b> (1/2 cup)
<i>Vegetable</i>	<b>Peas and Carrots</b> (1/4 cup)	<b>Misc Vegetables</b> (1/4 cup)	<b>Butternut Squash</b> (1/4 cup) (Butternut Soup)	<b>Green Beans</b> (1/4 cup)	<b>Tomato Sauce</b> (1/4 cup)
<i>Fruit or Veggie</i>	<b>Apples</b> (1/4 cup)	<b>Peaches</b> (1/4 cup)	<b>Cantaloupe</b> (1/4 cup)	<b>Oranges</b> (1/4 cup)	<b>Honeydew</b> (1/4 cup)
<i>Fluid Milk</i>	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 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>Raisin Bread*</b> (1/2 oz)	<b>Pita Bread *</b> (1/2 oz)		<b>Saltines *</b> (1/2 oz)	<b>Graham Crackers *</b> (1/2 oz)
<i>M/MA</i>		<b>HM Hummus</b> (1/2 oz)	<b>Cottage Cheese</b> (1/2 oz)		
<i>Vegetable</i>					
<i>Fruit</i>	<b>Apricots</b> (1/2 cup)		<b>Peaches</b> (1/2 cup)	<b>Bananas</b> (1/2 cup)	<b>Misc Fruit</b> (1/2 cup) (Smoothie Pops)
<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