

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>	Bagels* (1/2 oz)	English Muffins* (1/2 oz)	Chex (1/2 oz) GF	HM Carrot Apple Muffins* (1/2 oz)	HM Oatmeal* (1/2 oz)
<i>Fruit/Veggie</i>	Pears (1/2 cup)	Bananas (1/2 cup)	Honeydew (1/2 cup)	Applesauce (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>	Corn Tortillas (1/2 oz) (Tortilla Casserole) GF	Polenta (1/2 oz) GF	Penne Pasta* (1/2 oz)	Brown Rice (1/2 oz) (Spanish Rice) GF	Biscuits* (1/2 oz)
<i>M/MA</i>	Refried Beans (1.5 oz)	Cheese (1.5 oz) (HM Cheesy Polenta)	Cheese (1.5 oz) (Baked Pasta)	Black Beans (1.5 oz)	String Cheese (1.5 oz)
<i>Vegetable</i>	Corn (1/4 cup)	Misc Veggies (1/4 cup)	Green Beans (1/4 cup)	Peas and Carrots (1/4 cup)	Corn (1/4 cup) (Corn Chowder) d
<i>Fruit or Veggie</i>	Apples (1/4 cup)	Oranges (1/4 cup)	Apricots (1/4 cup)	Pears (1/4 cup)	Apricots (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>	Pita Bread* (1/2 oz)	HM Cranberry Oatmeal Cookies* (1/2 oz)	Whole Wheat Tortillas* (1/2 oz)	Saltines* (1/2 oz)	HM Blueberry Muffins*d (1/2 oz)
<i>M/MA</i>	HM Black Bean Dip (1/2 oz)		Cheese (1/2 oz) (Quesadillas)		
<i>Vegetable</i>					
<i>Fruit</i>		Orange Juice (1/2 cup)	Apricots (1/2 cup)	Bananas (1/2 cup)(Banana Pops)	Oranges (1/2 cup)
<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

GF indicates gluten free

All items subject to change