

**CHILDREN'S CENTER WEEKLY MENU**

<b>Component</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<i>Grain</i>	<b>Bagels*</b> (1/2 oz)	<b>English Muffins*</b> (1/2 oz)	<b>Chex</b> (1/2 oz) GF	<b>HM Carrot Apple Muffins*</b> (1/2 oz)	<b>HM Oatmeal*</b> (1/2 oz)
<i>Fruit/Veggie</i>	<b>Pears</b> (1/4 cup)	<b>Bananas</b> (1/4 cup)	<b>Honeydew</b> (1/4 cup)	<b>Applesauce</b> (1/4 cup)	<b>Apples</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>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<i>Grain</i>	<b>Corn Tortillas</b> (1/2 oz) (Tortilla Cass) GF	<b>Polenta</b> (1/2 oz) (HM Cheese Polenta) GF	<b>Penne Pasta*</b> (1/2 oz)	<b>Brown Rice</b> (1/2 oz) (HM Spanish Rice) GF	<b>Biscuits*</b> (1/2 oz)
<i>M/MA</i>	<b>Refried Beans</b> (1 oz)	<b>Cheese</b> (1 oz)	<b>Cheese</b> (1 oz) (Baked Pasta)	<b>Black Beans</b> (1 oz)	<b>String Cheese</b> (1 oz)
<i>Vegetable</i>	<b>Corn</b> (1/8 cup)	<b>Misc Veggies</b> (1/8 cup)	<b>Green Beans</b> (1/8 cup)	<b>Peas and Carrots</b> (1/8 cup)	<b>Corn</b> (1/8 cup) (Corn Chowder) <b>d</b>
<i>Fruit or Veggie</i>	<b>Apples</b> (1/8 cup)	<b>Mandarins</b> (1/8 cup)	<b>Apricots</b> (1/8 cup)	<b>Pears</b> (1/8 cup)	<b>Apricots</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>Pita Bread*</b> (1/2 oz)	<b>HM Cranberry Oatmeal Cookies*</b> (1/2 oz)	<b>Whole Wheat Tortillas*</b> (1/2 oz)	<b>Saltines*</b> (1/2 oz)	<b>HM Blueberry Muffins*d</b> (1/2 oz)
<i>M/MA</i>	<b>HM Black Bean Dip</b> (1/2 oz)		<b>Cheese</b> (1/2 oz) (Quesadillas)		
<i>Vegetable</i>					
<i>Fruit</i>		<b>Orange Juice</b> (1/2 cup)	<b>Apricots</b> (1/2 cup)	<b>Bananas</b> (1/2 cup)(Banana Pops)	<b>Mandarins</b> (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 GF indicates gluten free  
**d** indicates dairy foods

**All items subject to change**