

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>	Chex (1/2 oz) GF	Raisin Bread* (1/2 oz)	HM Fall Harvest Muffins* (1/2 oz)	Bran Flakes* (1/2 oz)	Oats* (1/2 oz) (HM Baked Oatmeal)
<i>Fruit/Veggie</i>	Apples (1/2 cup)	Apricots (1/2 cup)	Bananas (1/2 cup)	Peaches (1/2 cup)	Bananas (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>	Bagels* (1/2 oz)	Penne Pasta* (1/2 oz)	Brown Rice (1/4 cup) GF	Garden Spiral Pasta* (1/2 oz)	Biscuits* (1/2 oz)
<i>M/MA</i>	Cheese (1.5 oz) (HM English Muffin Pizza)	Cheese (1.5 oz) (Baked Pasta)	Cheese (1.5 oz) (Cheese Olive Rice)	Cheese (1.5 oz) (Broccoli Noodle Cass)	String Cheese (1.5 oz)
<i>Vegetable</i>	Tomato Sauce (1/4 cup)	Green Beans (1/4 cup)	Olives (1/4 cup)	Broccoli (1/4 cup)	Misc Veggies (1/4 cup) (Julia's Bean Stew)
<i>Fruit or Veggie</i>	Pineapple (1/4 cup)	Cantaloupe (1/4 cup)	Peaches (1/4 cup)	Watermelon (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>	Saltine Crackers* (1/2 oz)	HM Trail Mix* (1/2 oz)	HM Pear Scones*d (1/2 oz)	Graham Crackers * (1/2 oz)	HM Applesauce Cookies* (1/2 oz)
<i>M/MA</i>	HM Hummus (1/2 oz)	Cottage Cheese (1/2 oz)		Yogurt (1/2 oz) (Froz Yog Sandwiches)	
<i>Vegetable</i>					
<i>Fruit</i>			Oranges (1/2 cup)		Bananas (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