

## 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>Raisin Bread*</b> (1/2 oz)	<b>Bran Flakes*</b> (1/2 oz)	<b>HM Bran Muffins*</b> (1/2 oz)	<b>HM Oatmeal*</b> (1/2 oz)
<i>Fruit/Veggie</i>	<b>Madarins</b> (1/4 cup)	<b>Bananas</b> (1/4 cup)	<b>Cantaloupe</b> (1/4 cup)	<b>Mandarins</b> (1/4 cup)	<b>Blueberries</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>Brown Rice *</b> (1/2 oz) (Spanish Rice)	<b>Garden Spiral Pasta*</b> (Brocc Nood Cass) (1/2 oz)	<b>English Muffins*</b> (1/2 oz)	<b>Whole Wheat Bread*</b> (1/2 oz)	<b>Corn Tortillas</b> (1/2 oz)
<i>M/MA</i>	<b>Black Beans</b> (1/4 cup)	<b>Cheese d<sub>l</sub></b> (1/2 oz)	<b>Cheese</b> (1/4 cup)	<b>String Cheese</b> (1/2 oz)	<b>Refried Beans</b> (1/4 cup) (Tortilla Cass)
<i>Vegetable</i>	<b>Peas &amp; Carrots</b> (1/8 cup)	<b>Broccoli</b> (1/8 cup)	<b>Green Beans</b> (1/8 cup)	<b>Misc Vegetables</b> (Veggie Chili) (1/8 cup)	<b>Tomato Sauce</b> (1/8 cup)
<i>Fruit or Veggie</i>	<b>Mandarins</b> (1/8 cup)	<b>Watermelon</b> (1/8 cup)	<b>Pineapple</b> (1/8 cup)	<b>Honeydew</b> (1/8 cup)	<b>Apples</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>Bagels*</b> (1/2 oz)	<b>Graham Crackers *</b> (1/2 oz)	<b>Saltine Crackers *</b> (1/2 oz)	<b>Trail Mix *d<sub>l</sub></b> (1/2 oz)	
<i>M/MA</i>	<b>String Cheese</b> (1/5 oz)		<b>Cheese Chunks</b> (1/5 oz)		<b>Cottage Cheese</b> (1/5 oz)
<i>Vegetable</i>		<b>Pumpkin</b> (Pumpkin Cream Cheese Spread) (1/2 cup)			
<i>Fruit</i>				<b>Misc Fruit</b> (Smoothie) (1/2 cup)	<b>Apricots</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

d<sub>l</sub> indicates dairy foodsAll items subject to change