

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>	Cheerios* (1/2 oz)	HM Orange Zucchini Bread* (1/2 oz)	Bagels* (1/2 oz)	Waffles* (1/2 oz)	Center Closed-Holiday
<i>Fruit/Veggie</i>	Apples (1/4 cup)	Bananas (1/4 cup)	Pears (1/4 cup)	Applesauce (1/4 cup)	
<i>Fluid Milk</i>	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	
<i>M/MA</i>					
Lunch	Lunch	Lunch	Lunch	Lunch	
<i>Grain</i>	Brown Rice* (1/2 oz) (Spanish Rice)	Biscuits*d (1/2 oz)	Garden Spiral Noodles* (1/2 oz)	English Muffins (1/2 oz)	Center Closed-Holiday
<i>M/MA</i>	Black Beans (1/4 cup)	String Cheese (1 oz)	Cheese (1 oz) (Broccoli Noodle Cass) d	Cheese (1 oz) (English Muffin Pizza)	
<i>Vegetable</i>	Peas and Carrots (1/8 cup)	Butternut Squash (1/8 cup) (Apple Butternut soup)	Broccoli (1/8 cup)	Tomato Sauce (1/8 cup)	
<i>Fruit or Veggie</i>	Cantaloupe (1/8 cup)	Honeydew (1/8 cup)	Mandarins (1/8 cup)	Pineapple (1/8 cup)	
<i>Fluid Milk</i>	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	
Snack (2 only)	Snack	Snack	Snack	Snack	
<i>Grain</i>	Pita Bread* (1/2 oz)	HM Cranberry Orange Scones* (1/2 oz)	HM Baked Oatmeal*d (1/2 oz)	Saltine Crackers * (1/2 oz)	Center Closed-Holiday
<i>M/MA</i>	Garbanzo Beans (Hummus) (1.5 oz)				
<i>Vegetable</i>					
<i>Fruit</i>			Apples (1/2 cup)	Orange Juice Pops (1/2 cup)	
<i>Fluid Milk</i>		Milk (1/2 cup)			

Children 12-24 months are served whole, unflavored milk
 Children over 24 months are served 1%, unflavored milk

* indicates WGR foods
 d_l indicates dairy foods

All items subject to change