

**CHILDREN'S CENTER WEEKLY MENU**

<b>Component</b>	<b>Monday Food/Serving</b>	<b>Tuesday Food/Serving</b>	<b>Wednesday Food/Serving</b>	<b>Thursday Food/Serving</b>	<b>Friday Food/Serving</b>
<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>English Muffins*</b> (1/2 oz)	<b>HM Bran Muffins*</b> (1/2 oz)	<b>Center Closed - Holiday</b>	<b>Bran Flakes*</b> (1/2 oz)
<i>Fruit/Veggie</i>	<b>Mandarins</b> (1/2 cup)	<b>Applesauce</b> (1/2 cup)	<b>Bananas</b> (1/2 cup)		<b>Bananas</b> (1/4 cup)
<i>Fluid Milk</i>	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)		<b>Milk</b> (1/2 cup)
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<i>Grain</i>	<b>Elbow Macaroni*</b> (1/2 oz)	<b>Tortilla Chips</b> (1/2 oz) (Chilaquillas)	<b>Brown Rice*</b> (1/2 oz) (Spanish Rice)	<b>Center Closed - Holiday</b>	<b>Corn Tortillas</b> (1/2 oz)
<i>M/MA</i>	<b>Cheese</b> (1 oz)(Mac n Cheese)	<b>Refried Beans</b> (1/4 cup)	<b>Black Beans</b> (1/4 cup)		<b>Refried Beans</b> (1/4 cup)
<i>Vegetable</i>	<b>Green Beans</b> (1/8 cup)	<b>Tomato Sauce</b> (1/8 cup)	<b>Peas and Carrots</b> (1/8 cup)		<b>Tomato Sauce</b> (1/8 cup) (Tortilla Cass)
<i>Fruit or Veggie</i>	<b>Apples</b> (1/8 cup)	<b>Peaches</b> (1/8 cup)	<b>Watermelon</b> (1/8 cup)		<b>Pears</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>Snack (2 only)</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
<i>Grain</i>	<b>Goldfish Crackers *d</b> (1/2 oz)	<b>Graham Crackers *d</b> (1/2 oz)	<b>Bagels*</b> (1/2 oz)	<b>Center Closed - Holiday</b>	<b>HM Yummy Crumb Cake</b> <b>* d</b> (1/2 oz)
<i>M/MA</i>	<b>String Cheese</b> (1 Serv)	<b>Yogurt</b> (1/4 cup) (Frozen Yogurt Pops)	<b>Cheddar Cheese Chunks</b> (1/2 oz)		
<i>Vegetable</i>					
<i>Fruit</i>					
<i>Fluid Milk</i>					<b>Milk</b> (1/2 cup)

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

\* indicates WGR foods

**All items subject to change**