

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 Overnight Muesli (1/2 oz)	Chex (1/2 oz)	HM Bran Muffins* (1/2 oz)	Bagels* (1/2 oz)
<i>Fruit/Veggie</i>	Apples (1/2 cup)	Mandarins (1/2 cup)	Pears (1/2 cup)	Bananas (1/2 cup)	Apples (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)
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Brown Rice* (1/2 oz) (Spanish Rice)	Pasta* (1/2 oz) (Spaghetti Pie) d	Corn Tortillas (1/2 oz)	Whole Wheat Bread* (1/2 oz)	Elbow macaroni* (1/2 oz)
<i>M/MA</i>	Black beans (1/2 cup)	Cheese (1/4 cup)	Refried beans (1/2 cup) (Tortilla Cass)	Cheese (1.5 oz) (Grilled Cheese)	Cheese (Mac n Cheese)(1.5 oz)
<i>Vegetable</i>	Peas and Carrots (1/4 cup)	Green Beans (1/4 cup)	Tomato Sauce (1/4 cup)	Green Beans (1/4 cup)	Green Beans (1/4 cup)
<i>Fruit or Veggie</i>	Bananas (1/4 cup)	Apricots (1/4 cup)	Cantaloupe (1/4 cup)	Peaches (1/4 cup)	Watermelon (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>	Saltines* (1/2 oz)	Graham Crackers * (1/2 oz)	Pita Bread * (1/2 oz)	Raisin Bread* (1/2 oz)	Graham Crackers * (1/2 oz)
<i>M/MA</i>	Cheese Chunks (1.5 oz)		HM Hummus (1/2 oz)	Cream Cheese (1.5 oz)	Yogurt (1/2 oz) (Frozen Yogurt Sand)
<i>Vegetable</i>					
<i>Fruit</i>		Misc Fruit (1/2 cup) (Smoothies)			
<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

All items subject to change