

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	Center Closed-Holiday	Oats* (1/2 oz) (HM Oatmeal)	English Muffins* (1/2 oz)	HM Banana Bread*d (1/2 oz)
<i>Fruit/Veggie</i>	Oranges (1/2 cup)		Blueberries (1/2 cup)	Applesauce (1/2 cup)	Peaches (1/2 cup)
<i>Fluid Milk</i>	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>	Whole Wheat Bread* (1/2 oz)	Center Closed-Holiday	Spaghetti* (1/4 cup)	Brown Rice (1/4 cup) GF	Elbow Noodles* (1/2 oz)
<i>M/MA</i>	String Cheese (1.5 oz)		Cheese (1.5 oz) (Spaghetti Ple)	Cheese (1.5 oz) (Cheese Olive Rice)	Cheese (1.5 oz) (Mac n Cheese)
<i>Vegetable</i>	Misc Veggies (1/4 cup) (Corn Chowder)d		Green Beans (1/4 cup)	Olives (1/4 cup)	Broccoli (1/4 cup)
<i>Fruit or Veggie</i>	Honeydew (1/4 cup)		Apples (1/4 cup)	Peaches (1/4 cup)	Apricots (1/4 cup)
<i>Fluid Milk</i>	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>	Whole Wheat Tortilla* (1/2 oz) (Quesadillas)	Center Closed-Holiday	Graham Crackers * (1/2 oz)	Bagels* (1/2 oz) (w/cream cheese)	Pita Bread* (1/2 oz)
<i>M/MA</i>					
<i>Vegetable</i>					
<i>Fruit</i>	Oranges (1/2 cup)		Banana Pops (1/2 cup)	Watermelon (1/2 cup)	Misc Fruit (1/2 cup) (HM 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
 GF indicates gluten free

All items subject to change