

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>	Raisin Bread* (v) (1/2 oz)	HM Oatmeal* (1/2 oz)	Bagels w/ Cream Cheese* d (1/2 oz)	Waffles* d (1/2 oz)	HM Banana Bread* (1/2 oz)
<i>Fruit/Veggie</i>	Mandarins (1/4 cup)	Apples (1/4 cup)	Cantaloupe (1/4 cup)	Bananas (1/4 cup)	Mandarins (1/2 cup)
<i>Fluid Milk</i>	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (3/4 cup)
<i>M/MA</i>					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Corn Tortilla * (1/2 oz) (HM Tortilla Casserole) (v)	Garden Spiral Pasta* (HM Broccoli Noodle Casserole) d (1/2 oz) Non-dairy option available	Corn Tortilla* (1/2 oz) (HM Black Bean & Potato Enchiladas) Non-dairy option available	Pasta* (1/2 oz) (HM Lasagna) d Non-dairy option available	Hominy* (1/2 oz) (HM Bean Stew) (v)
<i>M/MA</i>	Refried Beans (1/4 cup)	Cheese d (1/2 oz)	Black Beans (1 oz)	Cheese (1/4 cup)	White Beans (1 oz)
<i>Vegetable</i>	Green Beans (1/8 cup)	Broccoli (1/8 cup)	Potatoes (1/8 cup)	Carrots (1/8 cup)	Sweet Potatoes (1/8 cup)
<i>Fruit or Veggie</i>	Apricots (1/8 cup)	Watermelon (1/8 cup)	Peaches (1/8 cup)	Apricots (1/8 cup)	Mango (1/8 cup)
<i>Fluid Milk</i>	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)
Snack (2 only)	Snack	Snack	Snack	Snack	Snack
<i>Grain</i>	HM Pear Scones* d (1/2 oz)	Pita Bread* (1/2 oz)	Graham Crackers* (1/2 oz)		HM Zucchini Muffins* (1/2 oz)
<i>M/MA</i>	Cheese Cubes d (1/2oz) Non-dairy option available	HM Hummus (v) (1/2 oz)		HM Yogurt Pops d (1/2 oz) Non-dairy option available	
<i>Vegetable</i>					
<i>Fruit</i>			HM Mixed Fruit Smoothies (v) (1/2 cup)	Pineapple (1/2 cup)	Honeydew (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

All items subject to change

* indicates WGR foods
 d indicates dairy foods
 (v) indicates vegan foods