

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) GF	English Muffins* (1/2 oz)	HM Oatmeal* (1/2 oz)	HM Bran Muffins* (1/2 oz)	Bagels* (1/2 oz)
<i>Fruit/Veggie</i>	Apples (1/2 cup)	Bananas (1/2 cup)	Blueberries (1/2 cup)	Oranges (1/2 cup)	Apricots (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)
<i>M/MA</i>					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Brown Rice* (1/2 oz) (Spanish Rice) GF	Whole Wheat Bread* (1/2 oz)	Corn Tortillas (1/2 oz) GF	Biscuits* (1/2 oz)	Elbow macaroni* (1/2 oz)
<i>M/MA</i>	Black beans (1/2 cup)	Cheese (1.5 oz) (Grilled Cheese)d ₁	Refried beans (1/2 cup) (Tortilla Cass)	Cheese (1.5 oz)	Cheese d₁ (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)	Broccoli (1/4) (Brocc Cheese Soup)	Green Beans (1/4 cup)
<i>Fruit or Veggie</i>	Peaches (1/4 cup)	Oranges (1/4 cup)	Peaches (1/4 cup)	Watermelon (1/4 cup)	Apples (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>	Saltine Crackers* (1/2 oz)	Waffles* (1/2 oz)	Trail Mix* (1/2 oz)	Saltine Crackers* (1/2 oz)	
<i>M/MA</i>	String Cheese (1/5 oz)	Cheddar Chunks (1/5 oz)			Cottage Cheese (1/5 oz)
<i>Vegetable</i>					
<i>Fruit</i>			Honeydew (1/2 cup)	Banana Pops (1/2 cup)	Pineapple (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

* indicates WGR foods

d₁ indicates dairy foods

Gf indicates gluten free

All items subject to change