

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>	Sweet Potato Pancakes* _d (1/2 oz) Non-dairy option available	HM Oatmeal* (v) (1/2 oz)	Chilaquiles* (v) (1/2 oz)	HM Cranberry Orange Scones* (1/2 oz)	HM Blueberry Muffins* _d (1/2 oz) Non-dairy bread available
<i>Fruit/Veggie</i>	Applesauce (1/4 cup)	Bananas (1/4 cup)	Mandarins (1/4 cup)	Cantaloupe (1/4 cup)	Honeydew (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>	Hominy* (1/2 oz) (HM Bean Stew) (v)	Corn Bread* _d (HM Apple Butternut Squash Soup) (v) (1/2 oz) Non-dairy bread available	Pie Crust* (1/2 oz) (HM Quiche) _d Non-dairy quiche available	Polenta* (1/2 oz) (HM Cheesy Polenta & Roasted Vegetables) _d Non-dairy polenta available	Brown Rice* (1/2 oz) (HM Spanish Rice & Veggies) (v)
<i>M/MA</i>	White Beans (1/4 cup)	Kidney Beans (1/2 oz)	Cheese _d (1 oz)	Cheese (1/4 cup)	Black Beans (1 oz)
<i>Vegetable</i>	Zucchini (1/8 cup)	Butternut Squash (1/8 cup)	Bell Peppers (1/8 cup)	Broccoli (1/8 cup)	Peas & Carrots (1/8 cup)
<i>Fruit or Veggie</i>	Pineapple (1/8 cup)	Apples (1/8 cup)	Apples (1/8 cup)	Mango (1/8 cup)	Watermelon (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>		Trail Mix* (1/2 oz)	Graham Crackers* (Graham Cracker Sandwiches) (1/2 oz)	Saltines* (1/2 oz)	HM Carrot Apple Muffins* (1/2 oz)
<i>M/MA</i>	Hard Boiled Eggs (1/2oz)		Yogurt _d (1/2 oz) Non-dairy yogurt available		
<i>Vegetable</i>					
<i>Fruit</i>	Peaches (1/2 cup)	HM Smoothie Pops (v) (1/2 cup)		Apricots (1/2 cup)	Peaches (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