

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)	Oats* (HM Muesli) $\frac{1}{2}$ (1/2 oz) Non-dairy muesli available	Bread* (HM Bread Tarts) $\frac{1}{2}$ (1/2 oz) Non-dairy tarts available	HM Oatmeal* (v) (1/2 oz)	Breakfast Burritos* (1/2 oz)
<i>Fruit/Veggie</i>	Banana (1/4 cup)	Mandarins (1/4 cup)	Bananas (1/4 cup)	Peaches (1/4 cup)	Pineapple (1/4 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)
<i>M/MA</i>					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Tortilla & Brown Rice* (HM Corn, Rice, & Black Bean Burritos) (1/2 oz) (v)	Pasta* (1/2 oz) (HM Vegetable Minestrone) (v)	Brown Rice* $\frac{1}{2}$ (HM Cheese Olive Rice) (1/2 oz) Non-dairy casserole available	Bread* (1/2 oz) (HM Tomato Soup & Grilled Cheese) $\frac{1}{2}$ Non-dairy sandwich available	Pasta* (1/2 oz) (HM Broccoli Noodle Casserole) $\frac{1}{2}$ Non-dairy casserole available
<i>M/MA</i>	Black Beans (1/4 cup)	Kidney Beans (1/4 cup)	Cheese (1 oz)	Cheese (1 oz)	Cheese (1 oz)
<i>Vegetable</i>	Corn (1/8 cup)	Zucchini (1/8 cup)	Green Beans (1/8 cup)	Tomato (1/8 cup)	Broccoli (1/8 cup)
<i>Fruit or Veggie</i>	Mandarins (1/8 cup)	Apple (1/8 cup)	Pineapple (1/8 cup)	Mandarins (1/8 cup)	Apricot (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 Zucchini Apple Bread* (1/2 oz)	HM Cornbread* $\frac{1}{2}$ (1/2 oz) Non-dairy alternative available	Bagels* (Apple-Cheese Sandwiches) (1/2 oz)	HM Fall Harvest Muffins* (1/2 oz)	HM Applesauce Cookies* (1/2 oz)
<i>M/MA</i>		Cheese $\frac{1}{2}$ (1/2 oz) Non-dairy pepper bites available	Cheese $\frac{1}{2}$ (1/2 oz) Non-dairy sandwiches available		Cheese $\frac{1}{2}$ (1/2 oz) Non-dairy cheese available
<i>Vegetable</i>		HM Bell Pepper Bites $\frac{1}{2}$ (1/2 cup)			
<i>Fruit</i>	Melon (1/2 cup)		Apples (1/2 cup)	Bananas (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
 $\frac{1}{2}$ indicates dairy foods
 (v) indicates vegan foods