

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)	Biscuits*d _l (1/2 oz)	HM Apple Muffins* (1/2 oz)	Waffles* (1/2 oz)	Chex* (1/2 oz)
<i>Fruit/Veggie</i>	Bananas (1/2 cup)	Apples (1/2 cup)	Peaches (1/2 cup)	Oranges (1/2 cup)	Watermelon (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>	Tortilla Chips (1/2 oz) (Chilaquillas)	Lasagna Noodles* (1/2 oz) (Lasagna)	Brown Rice* (1/2 oz) (Spanish Rice)	Biscuits*d _l (1/2 oz)	Whole Wheat Bread* (1/2 oz)
<i>M/MA</i>	Refried beans (1/2 cup)	Cheese (1.5 oz)	Black beans (1/2 cup)	String Cheese (1.5 oz)	Sliced Cheese (1.5 oz) (Grilled Cheese Sandwiches)
<i>Vegetable</i>	Tomato Sauce (1/4 cup)	Marinara Sauce (1/4 cup)	Peas and Carrots (1/4 cup)	Corn (Corn Chowder) (1/4 cup)	Pea and Carrots (1/4 cup)
<i>Fruit or Veggie</i>	Peaches (1/4 cup)	Pears (1/4 cup)	Watermelon (1/4 cup)	Honeydew (1/4 cup)	Oranges (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>	Goldfish*d _l (1/2 oz)	Raisin Bread*d _l (1/2 oz)	HM Pumpkin Apple Bread* (1/2 oz)	Bagels* (1/2 oz)	Graham Crackers*d _l (1/2 oz)
<i>M/MA</i>	String Cheese (1 serving)			Cheddar Cheese Chunks (1/2 oz)	
<i>Vegetable</i>					
<i>Fruit</i>		Oranges (1/2 cup)	Honeydew (1/2 cup)		
<i>Fluid Milk</i>					Milk (1/2 cup)

Children 12-24 months are served whole, unflavored milk
 Children over 24 months are served 1%, unflavored milk

* indicates WGR foods
 d_l indicates dairy foods

All items subject to change