

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>	Center Closed Holiday	HM Oatmeal*(1/2 oz)	Cheerios (1/2 oz) GF	HM Sour Cream Pumpkin Muffins*d _l (1/2 oz)	Bagels*(1/2 oz)
<i>Fruit/Veggie</i>		Blueberries (1/2 cup)	Oranges (1/2 cup)	Honeydew (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)
<i>M/MA</i>					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Center Closed Holiday	Corn Tortillas (1/2 oz) GF	Tortilla Chips (1/2 oz) (Chilaquillas) GF	Brown Rice (1/2 oz) (Spanish Rice) GF	Whole Wheat Tortillas* (1/2 oz)
<i>M/MA</i>		Refried beans (1/2 cup) (Tortilla Cass)	Black Beans (1/2 cup)	Refried beans (1/2 cup)	Cheese (1.5 oz)(Quesadillas)
<i>Vegetable</i>		Tomato Sauce (1/4 cup)	Tomato Sauce (1/4 cup)	Peas and Carrots (1/4 cup)	Broccoli (1/4)
<i>Fruit or Veggie</i>		Peaches (1/4 cup)	Apples (1/4 cup)	Pears (1/4 cup)	Watermelon (1/4 cup)
<i>Fluid Milk</i>		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>	Center Closed Holiday	HM Pear Scones*d _l (1/2 oz)	Raisin Bread* (1/2 oz)	Saltine Crackers* (1/2 oz)	HM Bran Muffins* (1/2 oz)
<i>M/MA</i>				HM Hummus (1/5 oz)	
<i>Vegetable</i>					
<i>Fruit</i>		Apricots (1/2 cup)	Bananas (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
d_l indicates dairy foods

GF indicates glutenfree

All items subject to change