

CHILDREN'S CENTER WEEKLY MENU

Component	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<i>Grain</i>	Center Closed Holiday	HM Oatmeal* (1/2 oz)	Chex GF (1/2 oz)	HM Sour Cream Pumpkin Muffins*d (1/2 oz)	Bagels* (1/2 oz)
<i>Fruit/Veggie</i>		Blueberries (1/4 cup)	Mandarins (1/4 cup)	Honeydew (1/4 cup)	Apricots (1/4 cup)
<i>Fluid Milk</i>		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>	Center Closed Holiday	Corn Tortillas (1/2 oz) GF	Tortilla Chips (1/2 oz) (Chilaquillas) GF	Brown Rice GF (1/2 oz) (Spanish Rice)	Whole Wheat Tortillas*(1/2 oz)
<i>M/MA</i>		Refried Beans (1/4 cup) (Tortilla Cass)	Black Beans (1/2 cup)	Refried Beans (1/4 cup)	Cheese (1 oz)(Quesadillas)
<i>Vegetable</i>		Tomato Sauce (1/8 cup)	Tomato Sauce (1/8 cup)	Peas and Carrots (1/8 cup)	Broccoli (1/8 cup)
<i>Fruit or Veggie</i>		Peaches (1/8 cup)	Apples (1/8 cup)	Pears (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)
Snack (2 only)	Snack	Snack	Snack	Snack	Snack
<i>Grain</i>	Center Closed Holiday	HM Pear Scones*d (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 indicates dairy foods

GF indicates gluten free

All items subject to change