

CHILDREN'S CENTER WEEKLY MENU

| Component              | Monday Food/Serving   | Tuesday Food/Serving                | Wednesday Food/Serving   | Thursday Food/Serving  | Friday Food/Serving  |
|------------------------|-----------------------|-------------------------------------|--|--|--|
| <b>Breakfast</b>       | <b>Breakfast</b>      | <b>Breakfast</b>                    | <b>Breakfast</b>   | <b>Breakfast</b>   | <b>Breakfast</b>   |
| <i>Grain</i>           | Center Closed-Holiday | Cheerios* (1/2 oz)                  |  | HM Oatmeal* (v) (1/2 oz)   | HM Apple Muffins* (1/2 oz)   |
| <i>Fruit/Veggie</i>    |                       | Pineapple (1/4 cup)                 | Zucchini (1/4 cup)   | Mandarins (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>            |                       |                                     | Eggs (1/2 oz)<br>(HM Egg Puff)(Non-dairy Available)                      |  |  |
| <b>Lunch</b>           | <b>Lunch</b>          | <b>Lunch</b>                        | <b>Lunch</b>   | <b>Lunch</b>   | <b>Lunch</b>   |
| <i>Grain</i>           | Center Closed-Holiday | HM Tortilla Casserole* (1/2 oz) (v) | Pasta*d <sub>l</sub><br>(HM Baked Pasta) (1/2 oz)<br>Non-dairy available | Biscuits*d <sub>l</sub> (1/2 oz)<br>(HM Corn Chowder)<br>Non-dairy chowder available | Pasta*d <sub>l</sub> (1/2 oz)<br>(HM Mac & Cheese) d <sub>l</sub><br>Non-dairy available |
| <i>M/MA</i>            |                       | Refried Beans (1/4 cup)             | Cheese (1 oz)  | Cheese (1 oz)  | Cheese (1.oz)  |
| <i>Vegetable</i>       |                       | Broccoli (1/8 cup)                  | Peas/Carrots (1/8 cup)   | Corn (1/8 cup)   | Butternut Squash (1/8 cup)   |
| <i>Fruit or Veggie</i> |                       | Peaches (1/8 cup)                   | Apricots (1/8 cup)   | Watermelon (1/8 cup)   | Pears (1/8 cup)  |
| <i>Fluid Milk</i>      |                       | Milk (1/2 cup)                      | Milk (1/2 cup)   | Milk (1/2 cup)   | Milk (1/2 cup)   |
|                        |                       |                                     |  |  |  |
| <b>Snack (2 only)</b>  | <b>Snack</b>          | <b>Snack</b>                        | <b>Snack</b>   | <b>Snack</b>   | <b>Snack</b>   |
| <i>Grain</i>           | Center Closed-Holiday |                                     | HM Cranberry Orange Scones* (1/2 oz)                                     |  | Graham Crackers (1/2 oz)   |
| <i>M/MA</i>            |                       | String Cheese (1/2 oz)              |  | Cheese Cubes (1/2 oz)<br>Non-dairy available   | Yogurt d <sub>l</sub> (1/2 oz)<br>Non-dairy yogurt available                             |
| <i>Vegetable</i>       |                       |                                     |  |  |  |
| <i>Fruit</i>           |                       | Mandarins (1/4 cup)                 | Applesauce (1/4 cup)   | Apples (1/4 cup)   | Bananas (1/4 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<sub>l</sub> indicates dairy foods

(v) indicates vegan foods