

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>	Chex (1/2 oz) GF	English Muffins* (1/2 oz)	HM Oatmeal* (1/2 oz)	HM Sour Cream Pumpkin Muffins*d (1/2 oz)	Cheerios (1/2 oz) GF
<i>Fruit/Veggie</i>	Oranges (1/2 cup)	Applesauce (1/2 cup)	Apples (1/2 cup)	Peaches (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)	Milk (3/4 cup)
<i>M/MA</i>					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Brown Rice* (1/2 oz) GF (HM Cheese Olive Rice)*d	Spaghetti* (1/2 oz)	Tortilla Chips (1/2 oz) (Chilaquillas)	Biscuits* (1/2 oz)	Bagels* (1/2 oz)
<i>M/MA</i>	Cheddar Cheese (1 oz)	Cheese (1.5 oz) (Spaghetti Pie)	Refried Beans (1/2 cup)	String Cheese (1 oz)	Cheese (1.5 oz) (HM Pizza Bagels)
<i>Vegetable</i>	Green Beans (1/4 cup)	Tomato Sauce (1/4 cup)	Tomato Sauce (1/4 cup)	Mis Veggies (1/4 cup)(Chili)	Green Beans (1/4 cup)
<i>Fruit or Veggie</i>	Apples (1/4 cup)	Apricots (1/4 cup)	Bananas (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)	Milk (3/4 cup)
Snack (2 only)	Snack	Snack	Snack	Snack	Snack
<i>Grain</i>	Pita* (1/2 oz)	Raisin Bread* (1/2 oz)	Trail Mix * (1/2 oz)	Waffles* (1/2 oz)	Graham Crackers* (1/2 oz)
<i>M/MA</i>	Cottage Cheese (1.5 oz)			Cheddar Chunks (1.5 oz)	
<i>Vegetable</i>					
<i>Fruit</i>		Bananas (1/2 cup)	Pears (1/2 cup)		Misc Fruit (1/2 cup) (Smoothie Pops)
<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