

**CHILDREN'S CENTER WEEKLY MENU**

<b>Component</b>	<b>Monday Food/Serving</b>	<b>Tuesday Food/Serving</b>	<b>Wednesday Food/Serving</b>	<b>Thursday Food/Serving</b>	<b>Friday Food/Serving</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<i>Grain</i>	<b>Cheerios*</b> (1/2 oz)	<b>Overnight Muesli*<sup>d</sup></b> (1/2 oz)	<b>English Muffins*</b> (1/2 oz)	<b>HM Bran Muffins*</b> (1/2 oz)	<b>Bran Flakes*</b> (1/2 oz)
<i>Fruit/Veggie</i>	<b>Pears</b> (1/2 cup)	<b>Mandarins</b> (1/2 cup)	<b>Apricots</b> (1/2 cup)	<b>Bananas</b> (1/2 cup)	<b>Apples</b> (1/2 cup)
<i>Fluid Milk</i>	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)
<i>M/MA</i>					
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<i>Grain</i>	<b>Penne Pasta*</b> (1/2 oz)	<b>Whole Wheat Bread*</b> (1/2 oz)	<b>Polenta</b> (1/2 oz) (Cheesy Polenta)	<b>Spagetti Noodles*</b> (3/4 cup)	<b>Bagels*</b> (1/2 oz)
<i>M/MA</i>	<b>Cheese</b> (1.5 oz) (Baked Pasta)	<b>String Cheese</b> (1.5 oz)	<b>Cheese</b> (1.5 oz)	<b>Cheese</b> (1.5 oz) (Spaghetti Pie)	<b>Cheese</b> (1.5 oz) (Bagel Pizza)
<i>Vegetable</i>	<b>Green Beans</b> (1/4 cup)	<b>Misc Veggies</b> (1/4 cup)(Julia's Bean Stew)	<b>Misc Veggies</b> (1/4 cup)	<b>Green Beans</b> (1/4 cup)	<b>Olives</b> (1/4 cup)
<i>Fruit or Veggie</i>	<b>Peaches</b> (1/4 cup)	<b>Cantaloupe</b> (1/4 cup)	<b>Pears</b> (1/4 cup)	<b>Oranges</b> (1/4 cup)	<b>Honeydew</b> (1/4 cup)
<i>Fluid Milk</i>	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (3/4 cup)
<b>Snack (2 only)</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
<i>Grain</i>	<b>HM Trail Mix*<sup>d</sup></b> (1/2 oz)	<b>Raisin Bread*</b> (1/2 oz)(w/Cream Cheese)	<b>Graham Crackers*<sup>d</sup></b> (1/2 oz)	<b>Pita Bread*</b> (1/2 oz)	<b>Graham Crackers*<sup>d</sup></b> (1/2 oz)
<i>M/MA</i>	<b>String Cheese</b> (1/5 oz)		<b>Yogurt</b> (1/5 oz) (Frozen Yog Sandwich)	<b>Cottage Cheese</b> (1/5 oz)	
<i>Vegetable</i>					
<i>Fruit</i>		<b>Orange Juice</b> (1/2 cup)			<b>Misc Fruit</b>
<i>Fluid Milk</i>					<b>Smoothies</b> (1/2 cup)

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

\* indicates WGR foods  
<sup>d</sup> indicates dairy foods

**All items subject to change**