

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> | Cheerios* (1/2 oz) | HM Apple Muffins (1/2 oz) | Bagels* (1/2 oz) | HM Orange Zucchini Bread (1/2 oz) | Bran Flakes (1/2 oz) |
| <i>Fruit/Veggie</i> | Peaches (1/2 cup) | Mandarins (1/2 cup) | Applesauce (1/2 cup) | Bananas (1/2 cup) | Honeydew (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) |
| | | | | | |
| Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| <i>Grain</i> | Whole Wheat Bread* (1/2 oz) | Spaghetti* (1/2 oz) | Brown Rice (1/2 oz) | Tortilla Chips (1/2 oz) (Chilaquillas) | Lasagna Noodles* (1/2 oz) |
| <i>M/MA</i> | Sliced Cheese (1 oz) (Grilled Cheese Sandwich) | Cheese (1.5 oz) (Spaghetti Pie) | Cheese (1.5 oz) (Cheese Olive Rice) | Refried Beans (1/2 cup) | Cheese (1.5 oz) (Lasagna) |
| <i>Vegetable</i> | Green Beans (1/8 cup) | Marinara Sauce (1/8 cup) | Olives (1/8 cup) | Tomato Sauce (1/8 cup) | Kidney Beans (1/8 cup) |
| <i>Fruit or Veggie</i> | Mandarins (1/8 cup) | Cantaloupe (1/8 cup) | Pears (1/8 cup) | Honeydew (1/8 cup) | Cantaloupe (1/8 cup) |
| <i>Fluid Milk</i> | Milk (1/2 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> | Raisin Bread (1/2 oz) | Trail Mix* (1/2 oz) | | Whole Wheat Crackers* (1/2 oz) | Graham Crackers* (1/2 oz) |
| <i>M/MA</i> | | | Cottage Cheese (1/2 oz) | Cheese Chunks (1.5 oz) | |
| <i>Vegetable</i> | | | | | |
| <i>Fruit</i> | Bananas (1/2 cup) | Apples (1/2 cup) | Peaches (1/2 cup) | | Apples (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
All items subject to change