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A1

Toddler

Date 6/20-6/24/22

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
Grain	Waffles* _{dp} (1/2 oz)	HM Blueberry Muffins* _{dp} (1/2 oz)		Cheerios* (1/2 oz)	HM Cornbread* _{dp} (1/2 oz)
Fruit/Veggie	Applesauce (1/4 cup)	Bananas (1/4 cup)	Peaches (1/4 cup)	Mandarins (1/4 cup)	Pears (1/4 cup)
Fluid Milk	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)
			Yogurt (1/4 cup)		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Grain	Penne Pasta* (1/2 oz)	Tortilla Chips (1/4 cup) (Chilaquilas)	Whole Wheat Tortillas (1/2 oz)	Elbow Macroni* (1/2 oz)	Whole Wheat Tortillas (1/2 oz)
M/MA	Cheese (1 oz)(Baked Pasta)	Refried Beans (1/4 cup)	Eggs (3/4 serving) (Breakfast Burritos)	Cheese (1 oz)(Mac n Cheese)	Cheese (1 oz) (Quesadillas)
Vegetable	Marinara Sauce (1/8 cup)	Tomato Sauce (1/8 cup)	Potatoes (1/8 cup)	Green Beans (1/8 cup)	Tomatos & Olives (1/8 cup)
Fruit or Veggie	Pears (1/8 cup)	Honeydew (1/8 cup)	Bananas (1/8 cup)	Apples (1/8 cup)	Peaches (1/8 cup)
Fluid Milk	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)
Snack (2 only)	Snack	Snack	Snack	Snack	Snack
Grain	Trail Mix * _{dp} (1/2 oz)	Graham Crackers* _{dp} (1/2 oz)		Saltine Crackers* (1/2 oz)	Bagels* (1/2 oz)
M/MA	String Cheese (1/2 oz)		Cheddar Chunks (1/2 oz)		
Vegetable					
		Misc Fruits (1/2 cup)	Apples (1/2 cup)	Watermelon	Mandarins