

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* (1/4 cup)		HM Bran Muffins* (1/2 serving)	Raisin Toast* (1/2 slice)	HM Orange Zucchini Bread* (1/2 serving)
<i>Fruit/Veggie</i>	Peaches (1/4 cup)	Apples (1/4 cup)	Bananas (1/4 cup)	Pears (1/4 cup)	Honeydew (1/4 cup)
<i>Fluid Milk</i>	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)
<i>M/MA</i>		Yogurt d (1/4 cup)			
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Brown Rice (1/4 cup)	Garden Spiral Noodles* (1/4 cup)	English Muffins (1/2 slice)	Pie Crust* (1/2 slice)	Biscuits*d (1/2 serving)
<i>M/MA</i>	Cheese (1.5 oz) (Cheese Olive Rice)	Cheese (1 oz) (Broccoli Noodle Cass) d	Cheese (1 oz) (English Muffin Pizza)	Eggs (3/4 serving) (Quiche)	String Cheese (1 each)
<i>Vegetable</i>	Olives (1/4 cup)	Broccoli (1/8 cup)	Tomato Sauce (1/8 cup)	Peas and Carrots (1/8 cup)	Vegetable Chili (1/8 cup)
<i>Fruit or Veggie</i>	Apples (1/8 cup)	Cantaloupe (1/8 cup)	Pineapple (1/8 cup)	Watermelon (1/8 cup)	Cantaloupe (1/8 cup)
<i>Fluid Milk</i>	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
<i>Grain</i>		Waffles* (1/2 serving)	Saltine Crackers* (1/2 oz)	Whole Wheat Crackers* (1/2 oz)	Graham Crackers* (1/2 oz)
<i>M/MA</i>	String Cheese (1/2 oz)	Cheddar Cheese Chunks (1/2 oz)			
<i>Vegetable</i>					
<i>Fruit</i>	Mandarins (1/2 cup)		Bananas (1/2 cup) (Banana Popsicles)	Mandarins (1/2 cup)	Misc Fruits (1/2 cup) (Smoothies)
<i>Fluid Milk</i>					

Children 12-14 months are served whole, unflavored milk
 Children over 24 months are served 1%, unflavored milk

* indicates WGR foods
 d indicates dairy foods

All items subject to change