

## CHILDREN'S CENTER WEEKLY MENU

Component	Monday Food/Serving	Tuesday Food/Serving	Wednesday Food/Serving	Thursday Food/Serving	Friday Food/Serving
<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) GF	<b>HM Banana Bread* d<sub>l</sub></b> (1/2 oz)	<b>Oats*</b> (1/2 oz) (HM Oatmeal)		<b>HM Fall Harvest Muffins*</b> (1/2 oz)
<i>Fruit/Veggie</i>	<b>Apples</b> (1/2 cup)	<b>Mandarins</b> (1/2 cup)	<b>Blueberries</b> (1/2 cup)	<b>Apricots</b> (1/2 cup)	<b>Peaches</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>Yogurt</b> (1/2 cup)	
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<i>Grain</i>	<b>Brown Rice</b> (1/2 oz)(Spanish Rice) GF	<b>Biscuits*</b> (1/2 oz)	<b>Penne Pasta*</b> (1/2 oz)(Baked Pasta)	<b>Corn Tortillas</b> (1/2 oz)	<b>Spiral Pasta*</b> (1/4 cup)
<i>M/MA</i>	<b>Black Beans</b> (1.5 oz)	<b>Cheese</b> (1.5 oz) (Broccoli Cheese Soup)	<b>Cheese</b> (1.5 oz)	<b>Refried Beans</b> (1.5 oz) (Tortilla Casserole)	<b>Cheese</b> (1.5 oz) (Broccoli Noodle Cass)
<i>Vegetable</i>	<b>Peas and Carrots</b> (1/4 cup)	<b>Broccoli</b> (1/4 cup)	<b>Tomato Sauce</b> (1/4 cup)	<b>Green Beans</b> (1/4 cup)	<b>Broccoli</b> (1/4 cup)
<i>Fruit or Veggie</i>	<b>Pears</b> (1/4 cup)	<b>Watermelon</b> (1/4 cup)	<b>Peaches</b> (1/4 cup)	<b>Honeydew</b> (1/4 cup)	<b>Oranges</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>Bagels*</b> (1/2 oz)	<b>Pita Bread*</b> (1/2 oz)	<b>HM Gingerbread*</b> (1/2 oz)	<b>HM Trail Mix*</b> (1/2 oz)	<b>Raisin Bread *</b> (1/2 oz)
<i>M/MA</i>	<b>Cheese</b> (1/2 oz) (Cheese Bagel Bites)	<b>HM Hummus</b> (1/2 oz)			
<i>Vegetable</i>					
<i>Fruit</i>			<b>Bananas</b> (1/2 cup)	<b>Misc Fruit</b> (1/2 cup) (HM Smoothies)	<b>HM Banana Pops</b> (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  
 d<sub>l</sub> indicates dairy foods

HM indicates homemade  
 GF indicates gluten free

All items subject to change