

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>	Bran Flakes* (1/2 oz)	HM Oatmeal (1/2 oz)	Waffles* (1/2 oz)	HM Banana Bread* (1/2 oz)	Bagels* (1/2 oz)
<i>Fruit/Veggie</i>	Mandarins (1/4 cup)	Blueberries (1/4 cup)	Apricots (1/4 cup)	Cantaloupe (1/4 cup)	Peaches (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>					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Penne Pasta* (1/2 oz)	Biscuits*d (1/2 oz)	Tortilla Chips (1/2 oz) (Chilaquillas)	Whole Wheat Bread* (1/2 oz)	Elbow macaroni* (1/2 oz)
<i>M/MA</i>	Cheese (1 oz)(Baked Pasta)	String Cheese (1 oz)	Black Beans (1/4 cup)	Eggs (3/4 serving) (Egg Puff)	Cheese (Mac n Cheese)(1 oz)
<i>Vegetable</i>	Marinara Sauce (1/8 cup)	Corn (1/8 cup) (Corn Chowder)	Tomato Sauce (1/8 cup)	Zucchini (1/8 cup)	Green Beans (1/8 cup)
<i>Fruit or Veggie</i>	Apples (1/8 cup)	Honeydew (1/8 cup)	Pears (1/8 cup)	Watermelon (1/8 cup)	Apples (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>		Saltine Crackers * (1/2 oz)	Goldfish Crackers *d (1/2 oz)	Pita Bread * (1/2 oz)	Graham Crackers *d (1/2 oz)
<i>M/MA</i>	Cottage Cheese (1/2 oz)	Cheese Chunks (1/5 oz)		String Cheese (1/5 oz)	
<i>Vegetable</i>					
<i>Fruit</i>	Peaches (1/2 cup)		Watermelon (1/2 cup)		Misc Fruit Smoothies (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 indicates dairy foods

All items subject to change