CHILDREN'S CENTER WEEKLY MENU

Component	Monday	Tuesday	Wednesday	Thursday	Friday
	Food/Serving	Food/Serving	Food/Serving	Food/Serving	Food/Serving
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Grain	Cheerios*	Biscuits* d	HM Apple Muffins*	Waffles*	Chex*
	(1/2 serving)	(1/4 cup)	(1/2 serving)	(1/2 serving)	(1/4 cup)
Fruit/Veggie	Bananas (1/4 cup)	Apples (1/4 cup)	Peaches (1/4 cup)	Mandarins (1/4 cup)	Watermelon (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)
M/MA					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
	Tortilla Chips	Lasagna Noodles*	Brown Rice*	Biscuits*d	Whole Wheat
Grain	(1/4 cup) (Chilaquilas)	(1/4 cup)	(1/4 cup) (Spanish Rice)	(1/2 serving)	Bread* (1/2 slice)
	Refried Beans	Cheese	Black Beans	String Cheese	Sliced Cheese (1 oz)
M/MA	(1/4 cup)	(1 oz)(Lasagna)	(1/4 cup)	(1 oz)	(Grilled Cheese Sandwich)
	Tomato Sauce	Marinara Sauce	Peas and Carrots	Corn (1/8 cup)	Peas and Carrots
Vegetable	(1/8 cup)	(1/8 cup)	(1/8 cup)	(Corn Chowder)	(1/8 cup)
Fruit or Veggie	Peaches (1/8 cup)	Pears (1/8 cup)	Watermelon (1/8 cup)	Honeydew (1/8 cup)	Mandarins (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
	Goldfish Crackers *d	Raisin Bread *d	Graham Crackers *d	Bagels*	HM Pumpkin Apple
Grain	(1/2 oz)	(1/2 slice)	(1/2 oz)	(1/2 serving)	Bread * (1/2 serving)
	String Cheese			Cheddar Cheese Chunks	
M/MA	(1 serving)			(1/2 oz)	
Vegetable					
Fruit		Mandarins (1/2 cup)	Honeydew (1/2 cup)		
Fluid Milk					Milk (1/2 cup)

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