

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>	Bagels* (1/2 oz)	HM Oatmeal (1/2 oz)	Raisin Bread* (1/2 oz)	Cheerios* (1/2 oz)	Center Closed-Holiday
<i>Fruit/Veggie</i>	Peaches (1/4 cup)	Blueberries (1/4 cup)	Bananas (1/4 cup)	Pears (1/4 cup)	
<i>Fluid Milk</i>	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>	Brown Rice* (1/2 oz) (Spanish Rice)	Biscuits*d (1/2 oz)	Penne Pasta* (1/2 oz)	Whole Wheat Tortillas* (1/2 oz)	Center Closed-Holiday
<i>M/MA</i>	Black Beans (1/4 cup)	String Cheese (1 oz)	Cheese (1 oz)(Baked Pasta)d	Cheddar Cheese (1 oz) (Quesadillas)	
<i>Vegetable</i>	Peas and Carrots (1/8 cup)	Potatoes (1/8 cup) (Potato Cheese soup)	Marinara Sauce (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)	Mandarins (1/8 cup)	
<i>Fluid Milk</i>	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*d (1/2 oz)	HM Orange Zucchini Bread* (1/2 oz)	Saltines * (1/2 oz)	Center Closed-Holiday
<i>M/MA</i>	Cottage Cheese (1/5 oz)	Cheese Chunks (1/5 oz)			
<i>Vegetable</i>					
<i>Fruit</i>	Apricots (1/2 cup)			Bananas (1/2 cup)	
<i>Fluid Milk</i>			Milk (1/2 cup)		

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