

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>	Raisin Toast* (1/2 slice)	Cheerios* (1/4 cup)	HM Cranberry Orange Scones* (1/2 serving)	Holiday- Center Closed	Oatmeal* (1/4 cup)
<i>Fruit/Veggie</i>	Mandarins (1/4 cup)	Bananas (1/4 cup)	Peaches (1/4 cup)		Mandarins (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* (1/4 cup)(Spanish Rice)	Lasagna Noodles* (1/4 cup)	Corn Tortillas (1/2 slice)	Holiday- Center Closed	Biscuits*d (1/2 serving)
<i>M/MA</i>	Black Beans (1/4 cup)	Cheese (1 oz)(Lasagna)	Refried Beans (1/4 cup)		Cheese Chunks (1/2 oz)
<i>Vegetable</i>	Peas and Carrots (1/8 cup)	Marinara Sauce (1/8 cup)	Tomato Sauce (1/8 cup)		Misc Vegetables (Vegetable Chili) (1/8 cup)
<i>Fruit or Veggie</i>	Apples (1/8 cup)	Honeydew (1/8 cup)	Honeydew (1/8 cup)		Bananas (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>	Saltines * (1/2 oz)	Trail Mix *d (1/2 oz)	Graham Crackers *d (1/2 oz)	Holiday- Center Closed	Bagels* (1/2 serving)
<i>M/MA</i>	String Cheese (1 each)		Yogurt (1/2 oz)		
<i>Vegetable</i>					
<i>Fruit</i>		Peaches (1/2 cup)			Apples (1/2 cup)
<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

