

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>	Chex (1/2 oz)	Bran Flakes* (1/2 oz)	HM Baked Oatmeal*d (1/2 oz)		English Muffins* (1/2 oz)
<i>Fruit/Veggie</i>	Apples (1/2 cup)	Mandarins (1/4 cup)	Pears (1/4 cup)	Bananas (1/4 cup)	Applesauce (1/2 cup)
<i>Fluid Milk</i>	Milk (3/4 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (3/4 cup)
<i>M/MA</i>				Yogurt d (1/4 cup)	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Tortilla Chips (1/2 oz) (Chilaquillas)	Penne Pasta* (1/2 oz)	Garden Spiral Noodles* (1/2 oz)	Elbow macaroni* (1/2 oz)	Brown Rice* (1/2 oz) (Spanish Rice)
<i>M/MA</i>	Black Beans (1/4 cup)	Cheese (1 oz)(Baked Pasta)d	Cheese (1 oz) (Broccoli Noodle Cass)d	Cheese (Mac n Cheese)(1 oz)	Black Beans (1/4 cup)
<i>Vegetable</i>	Tomato Sauce (1/8 cup)	Marinara Sauce (1/8 cup)	Broccoli (1/8 cup)	Green Beans (1/8 cup)	Peas and Carrots (1/8 cup)
<i>Fruit or Veggie</i>	Peaches (1/8 cup)	Honeydew (1/8 cup)	Mandarins (1/8 cup)	Apricots (1/8 cup)	Honeydew (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>	Trail Mix* (1/2 oz)	Saltine Crackers* (1/2 oz)		Waffles*d (1/2 oz)	HM Bran Muffins* (1/2 oz)
<i>M/MA</i>			Cottage Cheese (1/2 oz)	Cheddar Cheese Chunks (1/2 oz)	
<i>Vegetable</i>					
<i>Fruit</i>	Pears (1/2 cup)	Apples (1/2 cup)	Apricots (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