

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>	HM Oatmeal (1/2 serving)	Cheerios* (1/3 cup)	HM Yummy Crunb Cake*_d (1/2 serving)	Chex (1/3 cup)	
<i>Fruit/Veggie</i>	Apples (1/4 cup)	Honeydew (1/2 cup)	Bananas (1/2 cup)	Pears (1/2 cup)	Peaches (1/4 cup)
<i>Fluid Milk</i>	Milk (1/2 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (1/2 cup)
<i>M/MA</i>					Yogurt (1/4 cup)
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Tortilla Chips (1/4 cup) (Chilaquilas)	Garden Spiral Noodles* (1/4 cup)	Whole Wheat Tortillas (1/2 slice)	Brown Rice* (1/4 cup)	Lasagna Noodles* (1/4 cup)
<i>M/MA</i>	Black Beans (1/2 cup)	Cheese (1 oz) (Broccoli Noodle Cass) _d	Refried Beans (1 oz) (Bean Burritos)	Cheese (1 oz)(Cheese Olive Rice)	Cheese (1.5 oz) (Lasagna)
<i>Vegetable</i>	Tomato Sauce (1/4 cup)	Broccoli (1/8 cup)	Tomatos & Olives (1/8 cup)	Green Beans (1/8 cup)	Kidney Beans (1/4 cup)
<i>Fruit or Veggie</i>	Honeydew (1/4 cup)	Mandarins (1/8 cup)	Peaches (1/8 cup)	Mandarins (1/8 cup)	Bananas (1/4 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)
Snack (2 only)	Snack	Snack	Snack	Snack	Snack
<i>Grain</i>		Trail Mix* (1/2 oz)	Saltine Crackers* (1/2 oz)	Waffles* (1/2 serving)	HM Pumpkin Bread* (1/2 serving)
<i>M/MA</i>	Cottage Cheese (1/2 oz)			Cheese Chunks (1.5 oz)	
<i>Vegetable</i>					
<i>Fruit</i>	Peaches (1/2 cup)	Pears (1/2 cup)	100% Orange Juice popsicles (1/2 cup)		
<i>Fluid Milk</i>					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
All items subject to change