

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> | Cheerios* (1/2 oz) | Bagels* (1/2 oz) | HM Bran Muffins* (1/2 oz) | | HM Oatmeal (1/2 oz) |
| <i>Fruit/Veggie</i> | Mandarins (1/2 cup) | Pears (1/2 cup) | Bananas (1/2 cup) | Apricots (1/4 cup) | Apples (1/4 cup) |
| <i>Fluid Milk</i> | Milk (3/4 cup) | Milk (3/4 cup) | Milk (3/4 cup) | Milk (1/2 cup) | Milk (1/2 cup) |
| | | | | Yogurt d_l (1/4 cup) | |
| Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| <i>Grain</i> | Brown Rice* (1/2 oz) (Spanish Rice) | Polenta* (1/2 oz) | Whole Wheat Bread* (1/2 oz) | Elbow macaroni* (1/2 oz) | Whole Wheat Tortillas (1/2 oz) |
| <i>M/MA</i> | Black Beans (1/4 cup) | Cheese (1 oz) (Cheesy Polenta Pie) | Cheese (1/2 oz) (Broccoli Cheese Soup) | Cheese (Mac n Cheese)(1 oz) | Refried Beans (1 oz) (Bean Burritos) |
| <i>Vegetable</i> | Peas and Carrots (1/8 cup) | Misc Vegetables (1/8 cup) | Broccoli (1/8 cup) | Green Beans (1/8 cup) | Tomatos & Olives (1/8 cup) |
| <i>Fruit or Veggie</i> | Apples (1/8 cup) | Peaches (1/8 cup) | Cantaloupe (1/8 cup) | Mandarins (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> | Raisin Bread * (1/2 oz) | Pita Bread * (1/2 oz) | | Saltines* (1/2 oz) | Graham Crackers* (1/2 oz) |
| <i>M/MA</i> | Cream Cheese (1 oz) | HM Hummus (1/5 oz) | Cottage Cheese (1/2 oz) | | |
| <i>Vegetable</i> | | | | | |
| <i>Fruit</i> | | | Peaches (1/2 cup) | Misc Fruit (1/2 cup) (Smoothie Pops) | Bananas (1/2 cup) |
| <i>Fluid Milk</i> | | | | | |

Children 12-24 months are served whole, unflavored milk
 Children over 24 months are served 1%, unflavored milk

* indicates WGR foods
 d_l indicates dairy foods

All items subject to change