

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 Fall Harvest Muffins* (1/2 oz)	HM Overnight Muesli*d (1/2 oz)	Chex (1/2 oz) GF
<i>Fruit/Veggie</i>	Cantaloupe (1/2 cup)	Applesauce (1/2 cup)	Peaches (1/2 cup)	Mandarins (1/2 cup)	Bananas (1/2 cup)
<i>Fluid Milk</i>	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)
<i>M/MA</i>					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	English Muffins * (1/2 oz)	Garden Spiral Noodles* (1/2 oz)	Lasagna Noodles* (1/2 oz)	Biscuits* (1/2 oz)	Polenta (1/2 oz) GF
<i>M/MA</i>	Cheese (1.5 oz) (HM Pizza)	Cheese (1.5 oz) (Broccoli Noodle Cass)	Cheese (1.5 oz) (Lasagna)	String Cheese (1.5 oz)	Cheese (1.5 oz) (Cheesy Polenta)
<i>Vegetable</i>	Green Beans (1/4 cup)	Broccoli (1/4 cup)	Peas and Carrots (1/4 cup)	Butternut Squash (1/4 cup)	Misc Veggies (1/4 cup)
<i>Fruit or Veggie</i>	Pineapple (1/4 cup)	Watermelon (1/4 cup)	Bananas (1/4 cup)	Honeydew (1/4 cup)	Pears (1/4 cup)
<i>Fluid Milk</i>	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)
Snack (2 only)	Snack	Snack	Snack	Snack	Snack
<i>Grain</i>	HM Trail Mix * (1/2 oz)	Graham Crackers * (1/2 oz)	Saltine Crackers * (1/2 oz)	Orzo Pasta (1/2 cup) (HM Orzo Pasta Salad)*d	HM Pear Scones*d (1/2 oz)
<i>M/MA</i>	String Cheese (1/2 cup)				
<i>Vegetable</i>		Pumpkin (Pumpkin Cream Cheese Spread) (1/2 cup)d			
<i>Fruit</i>			HM OJ Pops (1/2 cup)	Apples (1/2 cup)	Apricots (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

GF indicates gluten free

d indicates dairy foods

All items subject to change