

CHILDREN'S CENTER WEEKLY MENU

Component	Monday Food/Serving	Tuesday Food/Serving	Wednesday Food/Serving	Thursday Food/Serving	Friday Food/Serving
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<i>Grain</i>	<b>Raisin Bread*</b> (1/2 oz)	<b>Cheerios*</b> (1/2 oz)	<b>HM Pumpkin Apple Bread*</b> (1/2 oz)	<b>Bagels*</b> (1/2 oz)	<b>HM Oatmeal</b> (1/2 oz)
<i>Fruit/Veggie</i>	<b>Apples</b> (1/4 cup)	<b>Mandarins</b> (1/4 cup)	<b>Bananas</b> (1/2 cup)	<b>Apricots</b> (1/4 cup)	<b>Blueberries</b> (1/4 cup)
<i>Fluid Milk</i>	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (3/4 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)
<i>M/MA</i>					
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<i>Grain</i>	<b>Whole Wheat Bread*</b> (1/2 oz)	<b>Biscuits*d</b> (1/2 oz)	<b>English Muffins</b> (1/2 oz)	<b>Elbow macaroni*</b> (1/2 oz)	<b>Brown Rice*</b> (1/2 oz) (Spanish Rice)
<i>M/MA</i>	<b>Sliced Cheese</b> (1 oz) (Grilled Cheese Sandwich)	<b>Cheese</b> (1 oz)	<b>Cheese</b> (1 oz) (English Muffin Pizza)	<b>Cheese</b> (Mac n Cheese)(1 oz)	<b>Black Beans</b> (1/4 cup)
<i>Vegetable</i>	<b>Green Beans</b> (1/8 cup)	<b>Broccoli</b> (1/8 cup) (Broccoli Cheese soup)	<b>Tomato Sauce</b> (1/8 cup)	<b>Green Beans</b> (1/8 cup)	<b>Peas and Carrots</b> (1/8 cup)
<i>Fruit or Veggie</i>	<b>Mandarins</b> (1/8 cup)	<b>Cantaloupe</b> (1/8 cup)	<b>Pineapple</b> (1/8 cup)	<b>Mandarins</b> (1/8 cup)	<b>Honeydew</b> (1/8 cup)
<i>Fluid Milk</i>	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)	<b>Milk</b> (1/2 cup)
<b>Snack (2 only)</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
<i>Grain</i>	<b>Pita Bread *</b> (1/2 oz)	<b>Graham Crackers *d</b> (1/2 oz)	<b>Graham Crackers *d</b> (1/2 oz)	<b>Saltines *</b> (1/2 oz)	<b>HM Banana Bread*d</b> (1/2 oz)
<i>M/MA</i>	<b>Cheese Chunks</b> (1/5 oz)	<b>Yogurt</b> (1/4 cup) (Frozen Sandwiches)			
<i>Vegetable</i>					
<i>Fruit</i>			<b>Misc Fruit Smoothies</b> (1/2 cup)	<b>Bananas Pops</b> (1/2 cup)	
<i>Fluid Milk</i>					<b>Milk</b> (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