

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* (1/3 cup)	English Muffins* (1/2 slice)	HM Bran Muffins* (1/2 serving)	HM Oatmeal (1/2 serving)	HM Orange Zucchini Bread* (1/2 serving)
<i>Fruit/Veggie</i>	Mandarins (1/2 cup)	Applesauce (1/2 cup)	Watermelon (1/2 cup)	Bananas (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)
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Elbow Macaroni* (1/4 cup)	Penne Pasta* (1/4 cup)	Whole Wheat Bread* (1/2 slice)	Garden Spiral Noodles* (1/4 cup)	Whole Wheat Tortillas (1/2 slice)
<i>M/MA</i>	Cheese (1 oz)(Mac n Cheese)	Cheese (1 oz)(Baked Pasta)	Eggs (3/4 serving) (Egg Salad Sandwich)	Cheese (1 oz) (Broccoli Noodle Cass) d	Refried Beans (1 oz) (Bean Burritos)
<i>Vegetable</i>	Green Beans (1/8 cup)	Marinara Sauce (1/8 cup)	Peas and Carrots (1/4 cup)	Broccoli (1/8 cup)	Tomatos & Olives (1/8 cup)
<i>Fruit or Veggie</i>	Apples (1/8 cup)	Watermelon (1/8 cup)	Pears (1/4 cup)	Mandarins (1/8 cup)	Peaches (1/8 cup)
<i>Fluid Milk</i>	Milk (1/2 cup)	Milk (1/2 cup)	Milk (3/4 cup)	Milk (1/2 cup)	Milk (1/2 cup)
Snack (2 only)	Snack	Snack	Snack	Snack	Snack
<i>Grain</i>	Goldfish Crackers *d (1/2 oz)	Graham Crackers * (1/2 oz)	Saltine Crackers* (1/2 oz)		Graham Crackers* (1/2 oz)
<i>M/MA</i>	String Cheese (1 Serv)	Yogurt (1/4 cup) (Frozen Yogurt Pops)		Cottage Cheese (1/2 oz)	
<i>Vegetable</i>					
<i>Fruit</i>			100% Orange Juice (1/2 cup)	Peaches (1/2 cup)	Misc Fruits (1/2 cup) (Smoothies)
<i>Fluid Milk</i>					

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