

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>	Bran Flakes* (1/3 cup)	Waffles* (1/2 serving)	HM Fall Harvest Bread * (1/2 serving)	Cheerios* (1/3 cup)	Raisin Toast (1/2 slice)
<i>Fruit/Veggie</i>	Bananas (1/2 cup)	Applesauce (1/2 cup)	Pears (1/2 cup)	Cantaloupe (1/2 cup)	Oranges (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)
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Brown Rice* (1/4 cup)	Lasagna Noodles* (1/4 cup)	Biscuits* (1/2 serving)	Elbow Noodles* (1/4 cup)	Garden Spiral Noodles* (1/4 cup)
<i>M/MA</i>	Cheese (1.5 oz) (Cheese Olive Rice)	Cheese (1.5 oz) (Lasagna)	White Beans (1/2 cup) (Bean Soup)	Cheese (1.5 oz) (Mac n Cheese) d	Cheese (Broccoli Cheese)(1.5 oz)
<i>Vegetable</i>	Olives (1/4 cup)	Kidney Beans (1/4 cup)	Misc Vegetables (1/4 cup)	Green Beans (1/4 cup)	Broccoli (1/4 cup)
<i>Fruit or Veggie</i>	Apples (1/4 cup)	Pears (1/4 cup)	Apricots (1/4 cup)	Oranges (1/4 cup)	Honeydew (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>	Pita Bread * (1 oz)	Saltines* d (1 oz)		Graham Crackers* (1 oz)	HM Pumpkin Bread* (1 oz)
<i>M/MA</i>	HM Hummus (1/2 cup)		String Cheese (1 oz)		
<i>Vegetable</i>					
<i>Fruit</i>		Bananas (1/2 cup)	Peaches (1/2 cup)	Watermelon (1/2 cup)	
<i>Fluid Milk</i>					Milk (3/4 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