

CHILDREN'S CENTER WEEKLY MENU

Component	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<i>Grain</i>	Chex* (1/2 oz)	Bagels* (1/2 oz)	Banana Bread* (1/2 cup)	Bran Flakes* (1/2 oz)	Oatmeal* (1/2 oz)
<i>Fruit/Veggie</i>	Mandarins (1/4 cup)	Apricots (1/4 cup)	Pears (1/2 cup)	Apricots (1/4 cup)	Apples (1/2 cup)
<i>Fluid Milk</i>	Milk (1/2 cup)	Milk (1/2 cup)	Milk (3/4 cup)	Milk (1/2 cup)	Milk (3/4 cup)
<i>M/MA</i>					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Whole Wheat Bread* (1/2 oz)	Spiral Pasta* (1/2 oz)	Tortilla Chips (1/2 oz) (Chilaquilas)	Penne Pasta* (1/2 oz)	Corn Tortillas (1/2 oz)
<i>M/MA</i>	String Cheese (1 oz)	Cheese (1 oz) (Broccoli Noodle Cass)	Black Beans (1/4 cup)	Cheese (Baked Pasta)(1 oz)	Refried Beans (1/4 cup) (Tortilla Cass)
<i>Vegetable</i>	Corn (1/8 cup) (Corn Chowder)	Broccoli (1/8 cup)	Tomato Sauce (1/8 cup)	Green Beans (1/8 cup)	Tomato Sauce (1/8 cup)
<i>Fruit or Veggie</i>	Peaches (1/8 cup)	Cantalope (1/8 cup)	Pears (1/8 cup)	Honeydew (1/8 cup)	Pears (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>	Fall Harvest Muffins*	Graham Crackers *	Trail Mix *_d	Saltine Crackers *	Saltine Crackers *
<i>M/MA</i>		Pumpkin Cream Cheese (1/2 cup)			Hummus (1/4 cup)
<i>Vegetable</i>					
<i>Fruit</i>			Homemade Applesauce (1/4 cup)	Banana Pops (1/2 cup)	
<i>Fluid Milk</i>	Milk (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