

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>	English Muffins* (1/2 oz)	Bran Flakes* (1/2 oz)	HM Baked Oatmeal*d _l (1/2 oz)		Cheerios* (1/2 oz)
<i>Fruit/Veggie</i>	Applesauce (1/2 cup)	Mandarins (1/4 cup)	Pears (1/4 cup)	Bananas (1/4 cup)	Apricots (1/2 cup)
<i>Fluid Milk</i>	Milk (3/4 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (3/4 cup)
<i>M/MA</i>				Yogurt d _l (1/4 cup)	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Corn Tortillas (1/2 oz) (Tortilla Cass)	Penne Pasta* (1/2 oz)	Garden Spiral Noodles* (1/2 oz)	Whole Wheat Bread* (1/2 oz)	Spaghetti Noodles* (1/2 oz)
<i>M/MA</i>	Refried Beans (1/4 cup)	Cheese (1 oz)(Baked Pasta)d _l	Cheese (1 oz) (Broccoli Noodle Cass)d _l	Eggs (3/4 serving) (Egg Puff)d _l	Cheese (1 oz)(Spaghetti Pie)
<i>Vegetable</i>	Tomatos Sauce (1/8 cup)	Marinara Sauce (1/8 cup)	Broccoli (1/8 cup)	Zucchini (1/8 cup)	Marinara Sauce (1/8 cup)
<i>Fruit or Veggie</i>	Apple (1/8 cup)	Honeydew (1/8 cup)	Mandarins (1/8 cup)	Cantaloupe (1/8 cup)	Peaches (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>	Bagels*d _l (1/2 oz)	Waffles*d _l (1/2 oz)	Pita Bread* (1/2 oz)	Saltine Crackers* (1/2 oz)	HM Cranberry Scones* (1/2 oz)
<i>M/MA</i>		Cheddar Cheese Chunks (1/2 oz)	Cottage Cheese (1/2 oz)		
<i>Vegetable</i>					
<i>Fruit</i>	Apricots (1/2 cup)			Misc Fruit (1/2 cup) (Smoothie Pops)	
<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_l indicates dairy foods

All items subject to change