

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
Grain	Cheerios GF (1/2 oz)		HM Overnight Muesli (1/2 oz)	HM Orange Zucchini Bread* (1/2 oz)	Bagels* (1/2 oz)
Fruit/Veggie	Apples (1/2 cup)	Apricots (1/2 cup)	Mandarins (1/2 cup)	Cantaloupe (1/2 cup)	Pears (1/2 cup)
Fluid Milk	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)	Milk (3/4 cup)
M/MA		Yogurt (1/4 cup)			
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Grain	Corn Tortillas (1/2 oz) GF	Pasta* (1/2 oz) (Spaghetti Pie) d _l	English Muffins* (1/2 oz)	Elbow macaroni* (1/2 oz)	Polenta GF (1/2 oz)
M/MA	Refried Beans (1/4 cup) (Tortilla Cass)	Cheese (1/4 cup)	Cheese (1.5 oz) (HM Eng Muffin Pizza)	Cheese d _l (Mac n Cheese)(1.5 oz)	Cheese d _l (Cheesey Polenta)(1.5 oz)
Vegetable	Tomato Sauce (1/4 cup)	Green Beans (1/4 cup)	Tomato Sauce (1/4 cup)	Broccoli (1/4 cup)	Tomato Sauce (1/4 cup)
Fruit or Veggie	Peaches (1/4 cup)	Bananas (1/4 cup)	Pineapple (1/4 cup)	Oranges (1/4 cup)	Honeydew (1/4 cup)
Fluid Milk	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
Grain		Waffles* (1/2 oz)	HM Bran Muffins* (1/2 oz)	Raisin Bread* (1/2 oz)	HM Banana Bread d _l * (1/2 oz)
M/MA	Cottage Cheese (1/2 cup)	Cheddar Chunks (1/5 oz)			
Vegetable					
Fruit	Apricots (1/2 cup)		Pears (1/2 cup)	Misc Fruit (1/2 cup) (Smoothie)	Apples (1/2 cup)
Fluid Milk					

Children 12-24 months are served whole, unflavored milk

Children over 24 months are served 1%, unflavored milk

* indicates WGR foods GF indicates gluten free

d_l indicates dairy foods

All items subject to change