

CHILDREN'S CENTER WEEKLY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bran Flakes* Apples Milk	Breakfast Waffles* Peaches Milk	Breakfast HM Carrot Apple Muffins* Bananas Milk	Breakfast Cheerios* Cantaloupe Milk	Breakfast Raisin Toast* Applesauce Milk
Lunch HM Cheesy Olive Rice Casserole*d Watermelon Milk	Lunch HM English Muffin Pizzas w/ Olives and Pineapple*d Green Beans Milk	Lunch HM Chilaquiles Refried Beans Cucumbers Milk	Lunch HM Cheese Strata* d Peas and Carrots Peaches Milk	Lunch Julia's Bean Stew Biscuits* Honeydew Milk
Snack HM Trail Mix* Oranges Milk	Snack Yogurt Pops d Pears Water	Snack Peanut Butter on Harvest Wheat Crackers* Milk	Snack Fruit Smoothies Graham Crackers*	Snack Fruit Bars* Milk

d indicates that food item contains dairy

*indicates that food item contains whole grain

HM - Homemade

Humboldt Creamery Milk (Organic)

Children 12 months-24 months are served whole, unflavored milk

Children over 24 months are served 1%, unflavored milk

All items subject to change