

### CHILDREN'S CENTER WEEKLY MENU

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b> Chex* Peaches Milk	<b>Breakfast</b> HM Gingerbread* Apples Milk	<b>Breakfast</b> HM Oatmeal* Bananas Milk	<b>Breakfast</b> HM Banana Bread* Cantaloupe Milk	<b>Breakfast</b> Bran Flakes* Pears Milk
<b>Lunch</b> HM Macaroni and Cheese* <sub>d</sub> Oranges Green Beans Milk	<b>Lunch</b> HM Broccoli Cheese Soup <sub>d</sub> Biscuits* <sub>d</sub> Honeydew Milk	<b>Lunch</b> HM Quiche <sub>d</sub> * Pears Cucumbers Milk	<b>Lunch</b> HM Lasagna* <sub>d</sub> Kidney Beans Oranges Milk	<b>Lunch</b> HM Spanish Rice w/Veggies* Black Beans Apples Milk
<b>Snack</b> Cheddar Cheese Chunks Apples Water	<b>Snack</b> Harvest Whole Wheat Crackers* 100% Orange Juice	<b>Snack</b> HM Trail Mix* Oranges Water	<b>Snack</b> HM Fall Harvest Muffins* Milk	<b>Snack</b> Banana Popsicles Graham Crackers* Water

<sub>d</sub> 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

