

CHILDREN'S CENTER WEEKLY MENU

| Component | Monday Food/Serving | Tuesday Food/Serving | Wednesday Food/Serving | Thursday Food/Serving |
|------------------------|---|--|--|---|
| Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| <i>Grain</i> | Cheerios* (1/2 oz) | HM Orange Zucchini Bread* (1/2 oz) | Raisin Bread* (1/2 oz) | HM Oatmeal (1/2 oz) |
| <i>Fruit/Veggie</i> | Apples (1/2 cup) | Bananas (1/2 cup) | Peaches (1/2 cup) | Blueberries (1/2 cup) |
| <i>Fluid Milk</i> | Milk (3/4 cup) | Milk (3/4 cup) | Milk (3/4 cup) | Milk (3/4 cup) |
| <i>M/MA</i> | | | | |
| Lunch | Lunch | Lunch | Lunch | Lunch |
| <i>Grain</i> | Corn Tortillas (1/2 oz) | Whole Wheat Bread* (1/2 oz) | Garden Spiral Noodles* (1/2 oz) | English Muffins * (1/2 oz) |
| <i>M/MA</i> | Refried Beans (1/4 cup) (Tortilla Cass) | Cheese (Grilled Cheese)(1.5 oz) \mathcal{d}_L | Cheese (1.5 oz) (Broccoli Noodle Cass) \mathcal{d}_L | Cheese (1.5 oz) (HM Pizza) \mathcal{d}_L |
| <i>Vegetable</i> | Tomato Sauce (1/4 cup) | Corn (1/4 cup) | Broccoli (1/4 cup) | Green Beans (1/4 cup) |
| <i>Fruit or Veggie</i> | Peaches (1/4 cup) | Cantaloupe (1/4 cup) | Honeydew (1/4 cup) | Pineapple (1/4 cup) |
| <i>Fluid Milk</i> | Milk (3/4 cup) | Milk (3/4 cup) | Milk (3/4 cup) | Milk (3/4 cup) |
| | | | | |
| Snack (2 only) | Snack | Snack | Snack | Snack |
| <i>Grain</i> | Saltine Crackers * (1/2 oz) | Graham Crackers *\mathcal{d}_L (1/2 oz) | | Orzo Pasta (1/2 cup) (HM Orzo Pasta Salad)* \mathcal{d}_L |
| <i>M/MA</i> | | | Yogurt \mathcal{d}_L (1/2 cup) | |
| <i>Vegetable</i> | | Pumpkin (Pumpkin Cream Cheese Spread) (1/2 cup)\mathcal{d}_L | | |
| <i>Fruit</i> | Oranges (1/2 cup) | | Bananas (1/2 cup) | Apples (1/2 cup) |
| <i>Fluid Milk</i> | | | | |

Children 12-24 months are served whole, unflavored milk

Children over 24 months are served 1%, unflavored milk

* indicates WGR foods

 \mathcal{d}_L indicates dairy foodsAll items subject to change

9/15-9/19/25

| Friday Food/Serving |
|---|
| Breakfast |
| HM Gingerbread (1/2 oz) |
| Applesause (1/2 cup) |
| Milk (3/4 cup) |
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| Lunch |
| Brown Rice* (1/2 oz) (Spanish Rice) |
| Black Beans (1/4 cup) |
| Peas and Carrots (1/4 cup) |
| Oranges (1/4 cup) |
| Milk (3/4 cup) |
| |
| Snack |
| HM Baked Oatmeal*d, (1/2 oz) |
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| Apricots (1/2 cup) |
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