

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 (1/4 cup)	Bananas (1/4 cup)	Peaches (1/4 cup)	Blueberries (1/4 cup)
<i>Fluid Milk</i>	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 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 oz) d _l	Cheese (1 oz) (Broccoli Noodle Cass)d _l	Cheese (1.5 oz) (HM Pizza) d _l
<i>Vegetable</i>	Tomato Sauce (1/8 cup)	Corn (1/8 cup)	Broccoli (1/8 cup)	Green Beans (1/8 cup)
<i>Fruit or Veggie</i>	Peaches (1/8 cup)	Cantaloupe (1/8 cup)	Honeydew (1/8 cup)	Pineapple (1/8 cup)
<i>Fluid Milk</i>	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)
Snack (2 only)	Snack	Snack	Snack	Snack
<i>Grain</i>	Saltine Crackers * (1/2 oz)	Graham Crackers *d_l (1/2 oz)		Orzo Pasta (1/4 cup) (HM Orzo Salad)*d _l
<i>M/MA</i>			Yogurt d _l (1/4 cup)	
<i>Vegetable</i>		Pumpkin (Pumpkin Cream Cheese Spread) (1/4 cup)d _l		
<i>Fruit</i>	Mandarins (1/4 cup)		Bananas (1/4 cup)	Apples (1/4 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

d_l indicates dairy foodsAll items subject to change

9/15-9/19/25

Friday Food/Serving
Breakfast
HM Gingerbread (1/2 oz)
Applesause (1/4 cup)
Milk (1/2 cup)
Lunch
Brown Rice* (1/2 oz) (Spanish Rice)
Black Beans (1/4 cup)
Peas and Carrots (1/8 cup)
Mandarins (1/8 cup)
Milk (1/2 cup)
Snack
HM Baked Oatmeal*d, (1/2 oz)
Apricots (1/4 cup)