

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 |
| <i>Grain</i> | Chex GF (1/2 oz) | HM Orange Zucchini Bread* (1/2 oz) | HM Oatmeal* (1/2 oz) | HM Blueberry Muffins*d_l (1/2 oz) | Cheerios GF (1/2 oz) |
| <i>Fruit/Veggie</i> | Bananas (1/2 cup) | Pears (1/2 cup) | Apples (1/2 cup) | Applesauce (1/2 cup) | Pineapple (1/2 cup) |
| <i>Fluid Milk</i> | Milk (3/4 cup) | 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 | Lunch |
| <i>Grain</i> | Corn Tortillas GF (1/2 oz) | Polenta GF (1/2 oz) | Garden Spiral Pasta* (1/2 oz) | Rye Bread* (1/2 oz) | Lasagna Noodles* (1/2 oz) |
| <i>M/MA</i> | Refried beans (1/2 cup) (Tortilla Cass) | Cheese (1.5 oz) (Polenta with Veggies) | Cheese d_l (1/2 oz) (Broccoli Noodle Cass) | Cheddar Cheese (1.5 oz) (Grilled Cheese) | Cheese (1.5 oz) (Lasagna) |
| <i>Vegetable</i> | Tomato Sauce (1/4 cup) | Misc Veggies (1/4 cup) | Broccoli (1/4 cup) | Tomato (1/4 cup)(Tomato Soup) | Green Beans (1/4 cup) |
| <i>Fruit or Veggie</i> | Apples (1/4 cup) | Honeydew (1/4 cup) | Oranges (1/4 cup) | Pears (1/4 cup) | Peaches (1/4 cup) |
| <i>Fluid Milk</i> | 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 |
| <i>Grain</i> | | Saltine Crackers* (1/2 oz) | Raisin Bread* (1/2 oz) (w/ Cream Cheese) | Graham Crackers* (1/2 oz) | HM Bran Muffins* (1/2 oz) |
| <i>M/MA</i> | String Cheese (1/2 oz) | Cottage Cheese (1/2 oz) | | | |
| <i>Vegetable</i> | | | | | |
| <i>Fruit</i> | Watermelon (1/2 cup) | | Apricots (1/2 cup) | HM Banana Pops (1/2 cup) | Cantaloupe (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
 d_l indicates dairy foods

GF indicates gluten free

All items subject to change