

## CHILDREN'S CENTER WEEKLY MENU

| Component              | Monday  | Tuesday  | Wednesday   | Thursday   | Friday                               |
|------------------------|---|--|---|--|--------------------------------------|
| <b>Breakfast</b>       | <b>Breakfast</b>                                  | <b>Breakfast</b>                                 | <b>Breakfast</b>  | <b>Breakfast</b>                                   | <b>Breakfast</b>                     |
| <i>Grain</i>           | <b>Chex GF</b><br>(1/2 oz)                        | <b>HM Orange Zucchini Bread*</b> (1/2 oz)        | <b>HM Oatmeal*</b><br>(1/2 oz)  | <b>HM Blueberry Muffins*d<sub>l</sub></b> (1/2 oz) | <b>Cheerios GF</b><br>(1/2 oz)       |
| <i>Fruit/Veggie</i>    | <b>Bananas</b> (1/4 cup)                          | <b>Pears</b> (1/4 cup)                           | <b>Apples</b> (1/4 cup)   | <b>Applesauce</b> (1/4 cup)                        | <b>Pineapple</b> (1/4 cup)           |
| <i>Fluid Milk</i>      | <b>Milk</b> (1/2 cup)                             | <b>Milk</b> (1/2 cup)                            | <b>Milk</b> (1/2 cup)   | <b>Milk</b> (1/2 cup)                              | <b>Milk</b> (1/2 cup)                |
| <i>M/MA</i>            |   |  |   |  |                                      |
| <b>Lunch</b>           | <b>Lunch</b>                                      | <b>Lunch</b>                                     | <b>Lunch</b>  | <b>Lunch</b>                                       | <b>Lunch</b>                         |
| <i>Grain</i>           | <b>Corn Tortillas GF</b><br>(1/2 oz)              | <b>Polenta GF</b><br>(1/2 oz)                    | <b>Garden Spiral Pasta*</b><br>(Broccoli Noodle Cass) d <sub>l</sub> (1/2 oz) | <b>Rye Bread*</b><br>(1/2 oz)                      | <b>Lasagna Noodles*</b><br>(1/2 oz)  |
| <i>M/MA</i>            | <b>Refried Beans</b><br>(1/4 cup) (Tortilla Cass) | <b>Cheese</b> (1/2 oz)<br>(Polenta with Veggies) | <b>Cheese</b><br>(1/2 oz)   | <b>Cheddar Cheese</b><br>(1/2 oz)(Grilled Cheese)  | <b>Cheese</b> (1/2 oz) (Lasagna)     |
| <i>Vegetable</i>       | <b>Tomato Sauce</b><br>(1/8 cup)                  | <b>Misc Veggies</b><br>(1/8 cup)                 | <b>Broccoli</b><br>(1/8 cup)  | <b>Tomato</b><br>(1/8 cup) (Tomato Soup)           | <b>Green Beans</b><br>(1/8 cup)      |
| <i>Fruit or Veggie</i> | <b>Apples</b> (1/8 cup)                           | <b>Honeydew</b> (1/8 cup)                        | <b>Mandarins</b> (1/8 cup)  | <b>Pears</b> (1/8 cup)                             | <b>Peaches</b> (1/8 cup)             |
| <i>Fluid Milk</i>      | <b>Milk</b> (1/2 cup)                             | <b>Milk</b> (1/2 cup)                            | <b>Milk</b> (1/2 cup)   | <b>Milk</b> (1/2 cup)                              | <b>Milk</b> (1/2 cup)                |
|                        |   |  |   |  |                                      |
| <b>Snack (2 only)</b>  | <b>Snack</b>                                      | <b>Snack</b>                                     | <b>Snack</b>  | <b>Snack</b>                                       | <b>Snack</b>                         |
| <i>Grain</i>           |   | <b>Saltine Crackers *</b><br>(1/2 oz)            | <b>Raisin Bread*</b><br>(1/2 oz)(w/Cream Cheese)                              | <b>Graham Crackers *</b><br>(1/2 oz)               | <b>HM Bran Muffins *</b><br>(1/2 oz) |
| <i>M/MA</i>            | <b>String Cheese</b><br>(1/2 oz)                  | <b>Cottage Cheese</b><br>(1/2 oz)                |   |  |                                      |
| <i>Vegetable</i>       |   |  |   |  |                                      |
| <i>Fruit</i>           | <b>Watermelon</b><br>(1/2 cup)                    |  | <b>Apricots</b><br>(1/2 cup)  | <b>HM Banana Pops</b><br>(1/2 cup)                 | <b>Cantaloupe</b><br>(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<sub>l</sub> indicates dairy foods

GF indicates gluten free

All items subject to change