

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>	Cheerios* (1/4 cup)	HM Apple Muffins* (1/2 serving)	Corn Chex (1/4 cup)	HM Baked Oatmeal (1/2 serving)	Biscuits* (1/2 serving)
<i>Fruit/Veggie</i>	Mandarins (1/4 cup)	Bananas (1/4 cup)	Pears (1/4 cup)	Mandarins (1/4 cup)	Peaches (1/4 cup)
<i>Fluid Milk</i>	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>Grain</i>	Brown Rice (1/4 cup) (Spanish Rice)	Biscuits* (1/2 serving)	Tortilla Chips (1/4 cup) (Chilaquillas)	Lasagna Noodles* (1/4 cup)	Garden Spiral Noodles* (1/4 cup)
<i>M/MA</i>	Black Beans (1/4 cup)	Cheese (1 oz) (Potato Cheese Soup)	Refried Beans (1/4 cup)	Cheese (1 oz) (Lasagna)	Cheese (1 oz)(Broccoli Noodle)
<i>Vegetable</i>	Peas and Carrots (1/8 cup)	Potatoes (1/8 cup)	Tomato Sauce (1/8 cup)	Kidney Beans (1/8 cup)	Broccoli (1/8 cup)
<i>Fruit or Veggie</i>	Apples (1/8 cup)	Cantaloupe (1/8 cup)	Honeydew (1/8 cup)	Cantaloupe (1/8 cup)	Honeydew (1/8 cup)
<i>Fluid Milk</i>	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)
Snack (2 only)	Snack	Snack	Snack	Snack	Snack
<i>Grain</i>		Goldfish* (1/2 oz)	Graham Crackers* (1/2 oz)		Fall Harvest Muffins (1/2 serving)
<i>M/MA</i>	String Cheese (1 serving)			Cheddar Cheese Chunks (1/2 oz)	
<i>Vegetable</i>					
<i>Fruit</i>	Peaches (1/2 cup)	Orange Juice (1/2 cup)	Pears (1/2 cup)	Apples (1/2 cup)	
<i>Fluid Milk</i>					Milk (1/2 cup)

Children 12-14 months are served whole, unflavored milk
 Children over 24 months are served 1%, unflavored milk

* indicates WGR foods
 All items subject to change