

CHILDREN'S CENTER WEEKLY MENU

Component	Monday Food/Serving	Tuesday Food/Serving	Wednesday Food/Serving	Thursday Food/Serving	Friday Food/Serving
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Grain	Raisin Toast* (1/2 oz)	Cheerios* (1/2 oz)	HM Sour Cream Pumpkin Muffins* d <sub>l</sub> (1/2 oz)		Oatmeal* (1/2 oz)
Fruit/Veggie	Mandarins (1/4 cup)	Bananas (1/4 cup)	Peaches (1/4 cup)	Bananas (1/4 cup)	Honeydew (1/4 cup)
Fluid Milk	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)
M/MA				Yogurt d <sub>l</sub> (1/4 cup)	
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Grain	Brown Rice* (1/2 oz)( Spanish Rice)	Lasagna Noodles* (1/2 oz)	Whole Wheat Bread* (1/2 oz)	Garden Spiral Noodles* (1/2 oz)	Biscuits*d <sub>l</sub> (1/2 oz)
M/MA	Black Beans (1/4 cup)	Cheese (1 oz)(Lasagna)	Sliced Cheese (1 oz) (Grilled Cheese Sandwich)	Cheese (1 oz) (Broccoli Noodle Cass)d <sub>l</sub>	Cheese Chunks (1/2 oz)
Vegetable	Peas and Carrots (1/8 cup)	Marinara Sauce (1/8 cup)	Peas and Carrots (1/8 cup)	Broccoli (1/8 cup)	Misc Vegetables (Vegetable Chili) (1/8 cup)
Fruit or Veggie	Apples (1/8 cup)	Honeydew (1/8 cup)	Watermelon (1/8 cup)	Mandarins (1/8 cup)	Bananas (1/8 cup)
Fluid Milk	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)
<b>Snack (2 only)</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Grain	Saltines * (1/2 oz)	Trail Mix *d <sub>l</sub> (1/2 oz)	Graham Crackers *d <sub>l</sub> (1/2 oz)	Bagels*d <sub>l</sub> (1/2 oz)	Graham Crackers *d <sub>l</sub> (1/2 oz)
M/MA	String Cheese (1 each)				
Vegetable					
Fruit		Peaches (1/2 cup)	Bananas (1/2 cup) (Banana Popsicles)	Apples (1/2 cup)	Misc Fruit (1/2 cup) (Smoothies)
Fluid Milk					

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

All items subject to change