

CHILDREN'S CENTER WEEKLY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bran Flakes* Apples Milk	Breakfast Waffles* Peaches Milk	Breakfast HM Carrot Apple Muffins* Bananas Milk	Breakfast Cheerios* Cantaloupe Milk	Breakfast Raisin Toast* Mandarins Milk
Lunch HM Cheesy Olive Rice Casserole* _d Watermelon Milk	Lunch HM English Muffin Pizzas w/ Olives and Pineapple* _d Green Beans Milk	Lunch HM Chilaquiles Refried Beans Cucumbers Milk	Lunch HM Cheese Strata* _d Peas and Carrots Pears Milk	Lunch Julia's Bean Stew Biscuits* Honeydew Milk
Snack HM Trail Mix* Mandarins Milk	Snack Yogurt Pops _d Pears Water	Snack String Cheese _d Harvest Wheat Crackers* _d Water	Snack Fruit Smoothies Graham Crackers*	Snack Fruit Bars* Milk

_d indicates that food item contains dairy

*indicates that food item contains whole grain

HM - Homemade

Humboldt Creamery Milk (Organic)

Children 12 months-24 months are served whole, unflavored milk

Children over 24 months are served 1%, unflavored milk

All items subject to change

