

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 (1/2 oz) GF	HM Oatmeal* (1/2 oz)	HM Sour Cream Pumpkin Muffins*d_l (1/2 oz)	Waffles* (1/2 oz)	HM Crumb Cake*d_l (1/2 oz)
<i>Fruit/Veggie</i>	Apples (1/2 cup)	Blueberries (1/2 cup)	Bananas (1/2 cup)	Applesauce (1/2 cup)	Peaches (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>	Penne Pasta* (1/2 oz)	Garden Spiral Noodles* (1/2 oz)	Tortilla Chips (1/2 oz) (HM Chilaquillas) GF	Macaroni* (1/2 oz)	Whole Wheat Tortillas* (1/2 oz)
<i>M/MA</i>	Cheese (1.5 oz) (HM Baked Pasta)	Cheese (1.5 oz) (HM Brocc Nood Cass)	Black Beans (1.5 oz)	Cheese (1.5 oz) (HM Mac and Cheese)	Refried Beans (1.5 oz) (HM Bean Burritos)
<i>Vegetable</i>	Green Beans (1/4 cup)	Broccoli (1/4 cup)	Peas and Carrots (1/4 cup)	Corn (1/4 cup)	Tomatoes and Olives (1/4 cup)
<i>Fruit or Veggie</i>	Apricots (1/4 cup)	Oranges (1/4 cup)	Cantaloupe (1/4 cup)	Apples (1/4 cup)	Oranges (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>	HM Applesauce Cookies* (1/2 oz)	Pita Bread* (1/2 oz)	HM Banana Bread*d_l (1/2 oz)	Whole Wheat Tortillas* (1/2 oz) (Quesadillas)	HM Orange Cranberry Scones* (1/2 oz)
<i>M/MA</i>		HM Hummus (1/2 oz)			
<i>Vegetable</i>					
<i>Fruit</i>	Bananas (1/2 cup)		Peaches (1/2 cup)	Honeydew (1/2 cup)	Misc Fruit (1/2 cup)(Smoothies)
<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

HM indicates homemade

All items subject to change