

CHILDREN'S CENTER WEEKLY MENU

Component	Monday	Tuesday	Wednesday	Thursday	Friday
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 (1/2 oz)	Waffles* (1/2 oz)	HM Crumb Bread*d (1/2 oz)
<i>Fruit/Veggie</i>	Apples (1/4 cup)	Blueberries (1/4 cup)	Bananas (1/4 cup)	Applesauce (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)
<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 oz) (HM Baked Pasta)	Cheese (1 oz) (HM Brocc Nood Cass)	Black Beans (1 oz)	Cheese (1 oz) (HM Mac and Cheese)	Refried Beans (1 oz) (HM Bean Burritos)
<i>Vegetable</i>	Green Beans (1/8 cup)	Broccoli (1/8 cup)	Peas and Carrots (1/8 cup)	Corn (1/8 cup)	Tomatoes and Olives (1/8 cup)
<i>Fruit or Veggie</i>	Apricots (1/8 cup)	Mandarins (1/8 cup)	Cantaloupe (1/8 cup)	Apples (1/8 cup)	Mandarins (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>	HM Applesauce Cookies* (1/2 oz)	Pita Bread* (1/2 oz)	HM Banana Bread*d (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 indicates dairy foods

GF indicates gluten free
 HM indicates homemade

All items subject to change