

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)	Cheerios (1/2 oz) GF	HM Blueberry Muffins*d (1/2 oz)	Biscuits* (1/2 oz)
<i>Fruit/Veggie</i>	Bananas (1/2 cup)	Apples (1/2 cup)	Peaches (1/2 cup)	Applesauce (1/2 cup)	Cantaloupe (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>	Brown Rice (1/2 oz) (HM Spanish Rice) GF	Lasagna Noodles* (1/2 oz)	HM Cornbread*d (1/2 oz)	English Muffins* (1/2 oz)	Whole Wheat Bread* (1/2 oz)
<i>M/MA</i>	Refried Beans (1.5 oz)	Cheese (1.5 oz) (HM Lasagna)	String Cheese (1.5 oz)	Cheese (1.5 oz) (HM Pizzas)	Cheese (1.5 oz) (HM Grilled Cheese)
<i>Vegetable</i>	Peas and Carrots (1/4 cup)	Green Beans (1/4 cup)	Mis. Veggies (1/4 cup) (Bean Stew)	Tomato Sauce (1/4 cup)	Corn (1/4 cup)
<i>Fruit or Veggie</i>	Watermelon (1/4 cup)	Apricots (1/4 cup)	Honeydew (1/4 cup)	Pineapple/Olives (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>	Waffles* (1/2 oz)	Saltines* (1/2 oz)		Pita Bread* (1/2 oz)	HM Pumpkin Bread* (1/2 oz)
<i>M/MA</i>	Cheddar Cheese Chunks (1/2 oz)		Cottage Cheese (1/2 oz)	HM Black Bean Dip (1/2 oz)	
<i>Vegetable</i>					
<i>Fruit</i>		HM Orange Juice Pops (1/2 cup)	Pineapple (1/2 cup)		Apricots (1/2 cup)
<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 GF indicates gluten free

d indicates dairy foods HM indicates homemade

All items subject to change