

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	Waffles* (1/2 oz)	Oats* (1/2 oz) (HM Overnight Muesli)	HM Orange Zucchini Bread* (1/2 oz)	Cheerios (1/2 oz) GF
<i>Fruit/Veggie</i>	Oranges (1/2 cup)	Appleauce (1/2 cup)	Mandarins (1/2 cup)	Cantaloupe (1/2 cup)	Pears (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>	English Muffins* (1/2 oz)	Brown Rice (1/2 oz) (HM Spanish Rice) GF	Corn Torillas (1/2 oz) (HM Tortilla Cass) GF	Tortilla Chips (1/2 oz) (HM Chilaquillas) GF	Garden Spiral Noodles* (1/2 oz)
<i>M/MA</i>	Cheese (1.5 oz) (HM Engl Muff Pizza)	Black Beans (1.5 oz)	Refried Beans (1.5 oz)	Black Beans (1.5 oz)	Cheese (1.5 oz)
<i>Vegetable</i>	Tomato Sauce (1/4 cup)	Peas and Carrots (1/4 cup)	Corn (1/4 cup)	Tomato Sauce (1/4 cup)	Broccoli (1/4 cup) (HM Brocc Nood Cass)
<i>Fruit or Veggie</i>	Pineapple (1/4 cup)	Pears (1/4 cup)	Bananas (1/4 cup)	Apricots (1/4 cup)	Watermelon (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>	Pita Bread* (1/2 oz)	Graham Crackers* (1/2 oz) (Frozen Yogurt Sandwich)		HM Trail Mix* (1/2 oz)	HM Blueberry Muffins*d (1/2 oz)
<i>M/MA</i>	HM Hummus (1/2 oz)	Yogurt (1/2 oz)	Cheddar Cheese Chunks (1/2 oz)		
<i>Vegetable</i>					
<i>Fruit</i>			Apples (1/2 cup)	Peaches (1/2 cup)	Bananas (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

d indicates dairy foods

GF indicates gluten free

HM indicates homemade

All items subject to change