

CHILDREN'S CENTER WEEKLY MENU

Component	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Grain	Chex (1/2 oz) GF	Waffles* (1/2 oz)	Oats* (1/2 oz) (HM Overnight Museli)	HM Orange Zucchini Bread* (1/2 oz)	Cheerios (1/2 oz) GF
Fruit/Veggie	Mandarins (1/4 cup)	Applesauce (1/4 cup)	Mandarins (1/4 cup)	Cantaloupe (1/4 cup)	Pears (1/4 cup)
Fluid Milk	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)	Milk (1/2 cup)
M/MA					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Grain	English Muffins* (1/2 oz)	Brown Rice (1/2 oz) (HM Spanish Rice) GF	Corn Tortillas (1/2 oz) (HM Tortilla Cass) GF	Tortilla Chips (1/2 oz) (HM Chilaquillas) GF	Garden Spiral Pasta* (1/2 oz)
M/MA	Cheese (1 oz) (HM Engl Muffin Pizza)	Black Beans (1 oz)	Refried Beans (1 oz)	Black Beans (1 oz)	Cheese (1 oz)
Vegetable	Tomato Sauce (1/8 cup)	Peas and Carrots (1/8 cup)	Corn (1/8 cup)	Tomato Sauce (1/8 cup)	Broccoli (1/8 cup) (HM Broc Nood Cass)
Fruit or Veggie	Pineapples (1/8 cup)	Pears (1/8 cup)	Bananas (1/8 cup)	Apricots (1/8 cup)	Watermelon (1/8 cup)
Fluid Milk	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
Grain	Pita Bread* (1/2 oz)	Graham Crackers* (1/2 oz) (Frozen Yogurt Sand)		HM Trail Mix* (1/2 oz)	HM Blueberry Muffins* (1/2 oz)
M/MA	HM Hummus (1/2 oz)	Yogurt (1/2 oz)	Cheddar Cheese Chunks (1/2 oz)		
Vegetable					
Fruit			Apples (1/2 cup)	Peaches (1/2 cup)	Bananas (1/2 cup)
Fluid Milk					

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