

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>	Cheerios (1/2 oz) GF	Oats (1/2 oz) d _l (HM Overnight Muesli)	Waffles* (1/2 oz)	Raisin Bread* (1/2 oz)	Chex (1/2 oz) GF
<i>Fruit/Veggie</i>	Oranges (1/2 cup)	Blueberries (1/2 cup)	Applesauce (1/2 cup)	Bananas (1/2 cup)	Honeydew (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>	Whole Wheat Bread* (1/2 oz)	Corn Tortillas (1/2 oz) GF	Brown Rice (1/2 oz) GF	Whole Wheat Tortillas* (1/2 oz)	Polenta (1/2 oz) GF
<i>M/MA</i>	Cheese (1.5 oz) (HM Brocc Cheese Soup)	Refried Beans (1.5 oz)	Cheese (1.5 oz) (HM Cheese Olive Cass)	Black Beans (1.5 oz) (HM Bean Burrtios)	Cheese (1.5 oz) (HM Cheesy Polenta)
<i>Vegetable</i>	Broccoli (1/4 cup)	Corn (1/4 cup) (HM Tortilla Cass)	Olives (1/4 cup)	Tomato and Olives (1/4 cup)	Misc Veggies (1/4 cup)
<i>Fruit or Veggie</i>	Apricots (1/4 cup)	Pears (1/4 cup)	Watermelon (1/4 cup)	Peaches (1/4 cup)	Bananas (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>	Bagels* (1/2 oz) (w/cheese)		Saltine Crackers* (1/2 oz)	Pita Bread* (1/2 oz)	Graham Crackers* (1/2 oz)
<i>M/MA</i>		Yogurt (1/2 oz)	String Cheese (1/2 oz)	HM Black Bean Dip (1/2 oz)	
<i>Vegetable</i>					Pumpkin Cream Cheese (1/2 oz)
<i>Fruit</i>	Apples (1/2 cup)	Peaches (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_l indicates dairy foods

GF indicates gluten free

HM indicates homemade

All items subject to change