

CHILDREN'S CENTER WEEKLY MENU

Component	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<i>Grain</i>	Cheerios (1/2 oz) GF	Oats (1/2 oz) d _l (HM Overnight Museli)	Waffles* (1/2 oz)	Raisin Bread* (1/2 oz)	Chex (1/2 oz) GF
<i>Fruit/Veggie</i>	Mandarins (1/4 cup)	Blueberries (1/4 cup)	Applesauce (1/4 cup)	Bananas (1/4 cup)	Honeydew (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>	Whole Wheat Bread* (1/2 oz)	Corn Tortillas (1/2 oz) GF	Brown Rice (1/2 oz)	Whole Wheat Tortillas* (1/2 oz)	Polenta (1/2 oz) GF
<i>M/MA</i>	Cheese (1 oz) (HM Broccoli Cheese Soup)	Refried Beans (1 oz) (HM Tort Cass)	Cheese (1 oz) (HM Cheese Olive Rice)	Black Beans (1 oz) (HM Bean Burritos)	Cheese (1 oz) (HM Cheesy Polenta)
<i>Vegetable</i>	Broccoli (1/8 cup)	Corn (1/8 cup)	Olives (1/8 cup)	Tomato and Olives (1/8 cup)	Misc Veggies (1/8 cup)
<i>Fruit or Veggie</i>	Apricots (1/8 cup)	Pears (1/8 cup)	Watermelon (1/8 cup)	Peaches (1/8 cup)	Bananas (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>	Bagels* (1/2 oz) (w/cheese)		Saltines* (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