Preschool Date 11/2-6/2026

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**
Grain	**Oats*** (1/2 oz) (HM Oatmeal)	**Cheerios** (1/2 oz) GF	**English Muffins*** (1/2 oz)	**HM Bran Muffins*** (1/2 oz)	**Raisin Bread*** (1/2 oz)
Fruit/Veggie	**Apples** (1/2 cup)	**Pears** (1/2 cup)	**Applesauce** (1/2 cup)	**Apricots** (1/2 cup)	**Bananas** (1/2 cup)
Fluid Milk	**Milk** (3/4 cup)	**Milk** (3/4 cup)	**Milk** (3/4 cup)	**Milk** (3/4 cup)	**Milk** (3/4 cup)
Lunch	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**
Grain	**Brown Rice** (1/4 cup) GF (HM Spanish Rice)	**Whole Wheat Tortillas*** (1/2 oz)	**Penne Pasta*** (1/2 oz)	**Biscuits*** (1/4 cup)	**Polenta*** (1/2 oz)
M/MA	**Refried Beans** (1.5 oz)	**Cheese** (1.5 oz) (HM Quesadillas)	**Cheese** (1.5 oz) (HM Baked Pasta)	**String Cheese** (1.5 oz)	**Cheese** (1.5 oz) (Cheesy Polenta Pie)
Vegetable	**Peas and Carrots** (1/4 cup)	**Corn** (1/4 cup)	**Green Beans** (1/4 cup)	**Misc Veggies** (1/4 cup) (HM Pumpkin Chili)	**Misc Vegetables** (1/4 cup)
Fruit or Veggie	**Peaches** (1/4 cup)	**Oranges** (1/4 cup)	**Apricots** (1/4 cup)	**Honeydew** (1/4 cup)	**Apples** (1/4 cup)
Fluid Milk	**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**
Grain	**Bagels *** (1/2 oz)	**Graham Crackers *** (1/2 oz)	**Trail Mix*** (1/2 oz)	**Saltines*** (1/2 oz)	**Pita Bread*** (1/2 oz)
M/MA	**String Cheese** (1/2 oz)			**HM Black Bean Dip** (1/2 oz)	
Vegetable		**Pumpkin** (1/2 cup) (Pumpkin Cream Cheese)			**Misc Veggies** (1/2 cup) (HM Orzo Salad)
Fruit			**HM Banana Pops** (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