Preschool Date 11/9-13/2026

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	**Cheerios** (1/2 oz) GF	**Oats*** (1/2 oz) (HM Overnight Muesli)	CENTER CLOSED- HOLIDAY	**Chex** (1/2 oz) GF	**Oats*** (1/2 oz) (HM Oatmeal)
Fruit/Veggie	**Apples** (1/2 cup)	**Mandarins** (1/2 cup)		**Honeydew** (1/2 cup)	**Blueberries** (1/2 cup)
Fluid Milk	**Milk** (3/4 cup)	**Milk** (3/4 cup)		**Milk** (3/4 cup)	**Milk** (3/4 cup)
Lunch	**Lunch**	**Lunch**		**Lunch**	**Lunch**
Grain	**Brown Rice** (1/4 cup) GF (HM Cheese Olive Rice)	**Tortilla Chips** (1/2 oz) (HM Chilaquilas) GF	CENTER CLOSED- HOLIDAY	**Garden Spirals*** (1/4 cup)	**Biscuits*** (1/4 cup)
M/MA	**Cheese** (1.5 oz)	**Black Beans** (1.5 oz)		**Cheese** (1.5 oz)	**String Cheese** (1.5 oz)
Vegetable	**Olives** (1/4 cup)	**Corn** (1/4 cup)		**Broccoli** (1/4 cup)	**Misc Veggies** (1/4 cup) (HM Pumpkin Chili)
Fruit or Veggie	**Oranges** (1/4 cup)	**Peaches** (1/4 cup)		**Pineapple** (1/4 cup)	**Apricots** (1/4 cup)
Fluid Milk	**Milk** (3/4 cup)	**Milk** (3/4 cup)		**Milk** (3/4 cup)	**Milk** (3/4 cup)
Snack (2 only)	**Snack**	**Snack**		**Snack**	**Snack**
Grain	**Waffles *** (1/2 oz)	**Pita Bread*** (1/2 oz)	CENTER CLOSED- HOLIDAY	**Bagels *** (1/2 oz)	**Saltines*** (1/2 oz)
M/MA	**Cheddar Cheese** **Chunks** (1/2 oz)	**HM Hummus** (1/2 oz)		**String Cheese** (1/2 oz)	**HM Black Bean Dip** (1/2 oz)
Vegetable					
Fruit					
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