

Sample Center Menu Week

WG = Whole Grain Rich

		AGES 1-2	AGES 3-5	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Mixed Fruit	Dried Fruit	Peaches	Oranges	Applesauce
	Grain/Meat	1/2 oz eq	1/2 oz eq	1 oz eq	WG Kix Cereal	Yogurt w/ Granola	WG Waffles	WG Oatmeal	WG English Muffin
LUNCH					Bean & Cheese Burrito	Beef Sliders	Roasted Chickpeas and Vegetables	BBQ Chicken	Baked Ravioli
	Milk	1/2 cup	3/4 cup	1 cup	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Corn	Green Peas	Potatoes, Cauliflower, & Broccoli	Green Beans	Diced Carrots
	Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Mandarin Oranges	Pineapple	Banana	Mixed Fruit
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Tortilla	Slider Bun	Flatbread	Cornbread	Ravioli – Pasta
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	Beans, Cheese	Beef Patty	Chickpeas	Chicken	Cheese Filled Ravioli
SNACK									
	Beverage	1/2 cup	1/2 cup	1 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	Fresh Melon			Fresh Apple Slices	
	Vegetable	1/2 cup	1/2 cup	3/4 cup		Fresh Cucumber Slices			Salsa
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq		WG Crackers Optional: Cream Cheese	Pretzels		Tortilla Chips
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	Cheese Stick		Hummus	Sun Butter	



This institution is an equal opportunity provider.



All milk served is plain, low-fat 1% except for children under the age of 2 who receive plain whole milk.

