



Becky Gates Children's Center

DIVISION OF STUDENT AFFAIRS

WEEKS:
02/18-02/22
04/01-04/05
05/13-05/17
06/24-06/28

Children's Center Menu - Seasonal Spring/Summer - Week 1

BREAKFAST*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid Milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Fruit/Veg (1/2c)	FR Oranges C	CN Cinnamon Applesauce C	CN Apricots A C	CN Pears A C	FR Bananas C
Grains/Bread/ Cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal I	WG Waffle I	WG Cereal I	Scramble Egg Patty	WG Cereal I

LUNCH/SUPPER*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Protein 1.5oz (3/4c)	Pasta Primavera Parmesan Cheese & Cannellini Beans I	Pineapple Chicken Rice Bowls Chicken Meat Alt.: Pasta Primavera I	Hamburgers Ground Beef Patties Meat Alt.: Cheese I	Turkey Noodle Soup Ground Turkey Meat Alt.: Yogurt & Plain Noodles I	Creole Red Beans & Rice Red Beans I
Veg/Fruit (1/4c each)	CN Peaches & FZ California Style Blend Vegetables A C	FZ Mixed Asian Blend Vegetables & FR Pineapple A C	FR Lettuce, Tomatoes & FZ Mixed Fruit A C	FZ Peas, Carrots & FR Sliced Apples A C	FR Onion, Green Bell Peppers (In Beans and Rice) & CN Fruit Cocktail A C
Grains/Bread (1/2 slice)	WG Pasta Noodles I	WG Brown Rice I	WG Bun I	WG Pasta Noodle I	WG Brown Rice I

PM SNACK*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid Milk/Water (1/2c)	Water	Milk	Water	Milk	Water
Protein (1/2oz or 1/4c)	Sunbutter I		Black Bean Dip I		Yogurt
Grains/Bread (1/2 slice) OR Fruit/Veg (1/2c)	WG Bagel I	WG Cereal Ghex Mix I	WG Crackers I	WG Muffin I	WG Granola I

Children ages 2 and up are provided 1% milk; children under age 2 provided whole milk. Water is available at all meals and snacks; no juice served. Substitutions will be made with doctor approval for allergies. Soy milk (approved by CACFP) must be provided by the parent/guardian. Menu may vary due to availability. *Based on 3-5 age group. Some produce are locally sourced.

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C=Vitamin C A=Vitamin A I=Iron

WG=Whole Grain

FR=Fresh

FZ=Frozen

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Bean-based Protein

Meat Alt.=Vegetarian protein option for children listed in file as vegetarian or no meat



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WEEKS:
 02/25-03/01
 04/08-04/12
 05/20-05/24
 07/01-07/05

Children's Center Menu - Seasonal Spring/Summer - Week 2

BREAKFAST*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid Milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Fruit/Veg (1/2c)	FR Blueberries	FR Sliced Cantaloupe	A C FR Bananas	FR Sliced Orange	C CN Pears
Grains/Bread/ Cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal	WG Pancake	WG Cereal	Cheese Omelete	WG Cereal

LUNCH/SUPPER*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Protein 1.5oz (3/4c)	Spring Minestrone Soup CN Chickpeas and Parmesan Cheese	Grilled Chicken Chicken Breast Meat Alt.: Minestrone Soup	Beef Sloppy Joe Ground Beef Meat Alt.: Cottage Cheese	Turkey & Cheese Roll-Up Deli Turkey Sliced Cheese Meat Alt.: Hummus	Tuna Noodle Casserole CN Tuna Meat Alt.: Cheese Cubes & Plain Noodles
Veg/Fruit (1/4c each)	FR Onion, CN Tomatoes, FR Greens, Asparagus & FZ Mango	FR Green Beans & CN Peaches	CN Baked Beans & FR Sliced Oranges	FR Spinach & CN Apricots	FZ Peas, Carrots & CN Mixed Fruit
Grains/Bread (1/2 slice)	WG Pasta Noodle	WG Dinner Roll	WG Bun	WG Tortilla	WG Pasta Noodle

PM SNACK*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid Milk/Water (1/2c)	Water	Milk	Water	Milk	Water
Protein (1/2oz or 1/4c)	Cottage Cheese		Hummus		Pinto Bean Dip
Grains/Bread (1/2 slice) OR Fruit/Veg (1/2c)	CN Pineapple	WG Cereal Chex Mix	WG Crackers	FR Sliced Apples	Baked WG Corn Chips

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WEEKS:
 03/04-03/08
 04/15-04/19
 05/27-05/31
 07/08-07/12

Children's Center Menu - Seasonal Spring/Summer - Week 3

BREAKFAST*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid Milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Fruit/Veg (1/2c)	CN Peaches A	FZ Mangoes A	FR Blueberries C	CN Pineapple C	FR Bananas C
Grains/Bread/ Cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal I	WG English Muffin I	WG Gereal I	Eggs & Turkey Burrito WG Tortilla, Eggs, Turkey, & Cheese I	WG Cereal I

LUNCH/SUPPER*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid Milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Protein 1.5oz (3/4c)	White Vegetarian Chili CN Great Northern Beans & Monterey Jack Cheese I	BBQ Chicken Sandwich Shredded Chicken Meat Alt.: String Cheese I	Beef & Broccoli Stir- Fry Beef Meat Alt.: Vegetable Chili I	Turkey Tetrazinni Ground Turkey Meat Alt.: Yogurt & Plain Noodles I	Bean & Cheese Burrito Pinto Beans & Cheddar Cheese I
Veg/Fruit (1/4c each)	FZ Steamed Carrots & FZ Strawberries A C	FZ Roasted Potatoes & FR Apple Slices A C	FZ Broccoli & CN Mandarin Oranges C	FZ Green Peas & FR Cantaloupe A C	FZ Chuckwagon Corn & FR Watermelon A C
Grains/Bread (1/2 slice)	WG Gornbread I	WG Bun I	Brown Rice I	WG Pasta Noodle I	WG Tortillas I

PM SNACK*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid Milk/Water (1/2c)	Water	Milk	Water	Milk	Water
Protein (1/2oz or 1/4c)	Yogurt		Black Bean & Corn Salsa I		String Cheese
Grains/Bread (1/2 slice) OR Fruit/Veg (1/2c)	WG Granola I	Fresh Clementines C	WG Crackers I	WG Bread with Marinara I	WG Gereal Ghex Mix I

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WEEKS:
 03/11-03/15
 04/22-04/26
 06/03-06/07
 07/15-07/19

Children's Center Menu - Seasonal Spring/Summer - Week 4

BREAKFAST*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid Milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Fruit/Veg (1/2c)	CN Pears	CN Fruit Cocktail	FR Bananas	CN Applesauce	FR Oranges
Grains/Bread/ Cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal	WG Muffin	WG Cereal	Cheese Omelette	WG Cereal

LUNCH/SUPPER*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid Milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Protein 1.5oz (3/4c)	Southwest Cobb Salad w/Ranch Egg, Black Beans, & Mozzarella Cheese	Chicken Curry Chicken Strips <u>Meat Alt.:</u> Hard Boiled Egg & Plain Couscous	Spaghetti & Meat Sauce Ground Beef <u>Meat Alt.:</u> Cheese with Spaghetti & Plain Sauce	Turkey Pot Pie Ground Turkey <u>Meat Alt.:</u> Refried Beans & WG Tortilla	Build Your Own Bean Tostada Pinto Beans and Cheddar Cheese
Veg/Fruit (1/4c each)	FR Romaine, CN Corn, & FR Tomatoes	FZ Green Peas & FR Sliced Apples	CN Tomato Sauce & FR Zucchini	FZ Mixed Vegetables & FR Honeydew Melon	FR Romaine Lettuce, FR Tomatoes & CN Pineapple
Grains/Bread (1/2 slice)	WG Garlic Bread	WG Couscous/Pasta	WG Pasta Noodle	WG Biscuit	WG Baked Tostada

PM SNACK*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid Milk/Water (1/2c)	Water	Milk	Water	Milk	Water
Protein (1/2oz or 1/4c)	Sunbutter		Refried Beans		Yogurt
Grains/Bread (1/2 slice) OR Fruit/Veg (1/2c)	WG Cracker	FR Cauliflower, Cucumbers & Ranch	WG Tortilla	WG Bagel	WG Granola

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03/26-03/18
04/29-05/03
06/10-06/14
07/22-07/26

Children's Center Menu - Seasonal Spring/Summer - Week 5

BREAKFAST*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid Milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Fruit/Veg (1/2c)	FR Blueberries	CN Tomato Salsa	A FZ Mixed Berries C	CN Applesauce	CN Peaches
Grains/Bread/ Cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal	Breakfast Burrito Black Beans, Eggs & WG Tortilla	WG Cereal	WG Seasonal Fruit/Vegetable Bread	WG Cereal

LUNCH/SUPPER*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid Milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Protein 1.5oz (3/4c)	Egg & Ranch Roll Up Egg and Cheddar Cheese	Chicken Salad Shredded Chicken <u>Meat Alt.:</u> Cottage Cheese	Shepherd's Pie Ground Beef <u>Meat Alt.:</u> Hard Boiled Egg & Plain Vegetables	Turkey Avocado Flatbread Deli Turkey & Sliced Cheese <u>Meat Alt.:</u> Extra Sliced Cheese	Black Bean Patty Black Beans
Veg/Fruit (1/4c each)	FR Red Bell Peppers & CN Peaches	FR Romaine Salad & FR Sliced Oranges	Instant Potatoes & FZ Mixed Vegetables	FR Avocado Spread, Tomato & FR Banana	FZ Corn & FR Honeydew Melon
Grains/Bread (1/2 slice)	WG Tortilla	WG Croissant	WG Slice Bread	WG Bread	WG Bun

PM SNACK*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid Milk/Water (1/2c)	Water	Milk	Water	Milk	Water
Protein (1/2oz or 1/4c)	Cottage Cheese		Hummus		Cheese Cubes
Grains/Bread (1/2 slice) OR Fruit/Veg (1/2c)	CN Pineapple	WG Graham Cracker	WG Baked (Pita) Chip	FZ Strawberries & Bananas	FR Sliced Apples

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03/25-03/29
05/06-05/10
06/17-06/21
07/29-08/02

Children's Center Menu - Seasonal Spring/Summer - Week 6

BREAKFAST*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid Milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Fruit/Veg (1/2c)	FR Cantaloupe A C	FZ Berries C	CN Pineapple C	CN Tomato Salsa A C	FR Oranges A C
Grains/Bread/ Cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal I	WG Pancakes I	WG Cereal I	Huevos Rancheros Eggs, Beans, & WG Tortilla I	WG Cereal I

LUNCH/SUPPER*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid Milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Protein 1.5oz (3/4c)	Mediterranean Salad Chickpeas & Feta Cheese I	Duo Green Pasta Grilled Chicken Strips & Parmesan Cheese <u>Meat Alt.:</u> Mediterranean Salad I	Build Your Own Taco Ground Beef & Cheddar Cheese <u>Meat Alt.:</u> Extra Cheddar Cheese I	Turkey Burger Ground Turkey <u>Meat Alt.:</u> Cheese Sandwich I	Lentil and Potato Soup <u>Meat Alt.:</u> Sunbutter I
Veg/Fruit (1/4c each)	FR Red Bell Peppers, Onion, Tomato & CN Mandarin Oranges A C	FZ Asparagus, FR Green Beans & CN Peaches A C	FR Lettuce, Tomato & FR Watermelon A C	FZ Steamed Carrots & FR Bananas A C	FZ Potatoes, Carrots, Onions & CN Mixed Fruit A C
Grains/Bread (1/2 slice)	WG Quinoa I	WG Pasta Noodle I	WG Tortilla I	WG Cracker I	WG Corn Blend Muffin I

PM SNACK*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid Milk/Water (1/2c)	Water	Milk	Water	Milk	Water
Protein (1/2oz or 1/4c)	Sunbutter I		Bean Dip I		Yogurt
Grains/Bread (1/2 slice) OR Fruit/Veg (1/2c)	WG Waffle I	WG Goldfish Cracker I	WG Cracker I	FR Zucchini Slices with Ranch I	WG Graham Cracker I

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