

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	9 3
Fluid Milk (3/4c)	Milk	T	Milk	Milk		Milk	Milk	
Fruit/Veg (1/2c)	FR Oranges	c	CN Cinnamon Applesauce	CN Apricots	A C	CN Pears	FR Bananas	c
Grains/Bread/ Cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Gereal		WG Waffle	WG Cereal		Scramble Egg Patty	WG Gereal	

LUNCH/SUPPER*	MONDAY	爿	TUESDAY	100	WEDNESDAY	8	THURSDAY		FRIDAY	T
Fluid milk (3/4c)	Milk		Milk	Г	Milk	Г	Milk		Milk	Т
	Pasta		Pineapple	Г	Hamburgers	Г	Turkey	Г	Creole Red	Г
	Primavera		Chicken Rice	l	Ground Beef		Noodle Soup	l	Beans & Rice	
	Parmesan		Bowls		Patties		Ground	l	Red Beans	
	Cheese &		Chicken		Meat Alt.:		Turkey			
	Cannellini		Meat Alt.:	ı	Cheese		Meat Alt.:	l		
	Beans		Pasta	l			Yogurt & Plain	l		
Protein 1.5oz			Primavera		,		Noodles		6	
(3/4c)		1		Ш	2101	L		ı		ı
	CN Peaches &		FZ Mixed		FR Lettuce,		FZ Peas,	Г	FR Onion,	Т
	FZ California	ш	Asian Blend		Tomatoes &		Carrots & FR		Green Bell	
	Style Blend		Vegetables &		FZ Mixed Fruit		Sliced Apples		Peppers (In	
İ	Vegetables		FR Pineapple					l	Beans and	L
Veg/Fruit (1/4c						,		l,	Rice) & CN	ı
each)		c		c		c		c	Fruit Cocktail	c
Grains/Bread (1/2	WG Pasta		WG Brown		WG Bun		WG Pasta		WG Brown	
slice)	Noodles	1	Rice	1		t	Noodle	1	Rice	1

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

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.

USDA is an equal opportunity provider and employer.

I=Iron

C=Vitamin C A=Vitamin A

WG=Wbole Grain FR=Fresh FZ=Frozen CN=Canned Bean-based Protein



DIVISION OF STUDENT AFFAIRS

<u>WEEKS</u>: 02/25-03/01 04/08-04/12 05/20-05/24 07/01-0/05

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

BREAKFAST*	MONDAY		TUESDAY		WEDNESDAY	19	THURSDAY		FRIDAY	T
Fluid Milk (3/4c)	Milk	Γ	Milk	Т	Milk	Г	Milk		Milk	Ť
		Г	FR Sliced	Α		Γ	FR Sliced			1
Fruit/Veg (1/2c)	FR Blueberries		Cantaloupe	c	FR Bananas	c	Orange	c	CN Pears	ı
Grains/Bread/ Cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal	ı	WG Pangake		WG Gereal		Cheese Omelete		WG Cereal	
LUNCH/SUPPER*	MONDAY	10	TUESDAY	1	WEDNESDAY	50	THURSDAY	10	FRIDAY	T
Fluid milk (3/4c)	Milk		Milk	Ť	Milk		Milk		Milk	t
Protein 1.5oz (3/4c)	Spring Minestrone Soup CN Chickpeas and Parmesan Cheese FR Onion, CN		Grilled Chicken Chicken Breast Meat Alt.: Minestrone Soup		Beef Sloppy Joe Ground Beef Meat Alt.: Cottage Cheese CN Baked	1	Turkey & Cheese Roll- Up Deli Turkey Sliced Cheese Meat Alt.: Hummus		Tuna Noodle Casserole CN Tuna Meat Alt.: Cheese Cubes & Plain Noodles FZ Peas,	
Veg/Fruit (1/4c	Tomatoes, FR Greens, Asparagus & FZ Mango	A	Beans & CN Peaches		Beans & FR Sliced Oranges	С	CN Apricots	A	Carrots & CN Mixed Fruit	
each)	FZ Wallgo	lc		A		ľ.		۱^		ľ
Grains/Bread (1/2 slice)	WG Pasta Noodle	i	WG Dinner Roll	i	WG Bun	Ė	WG Tortilla	1	WG Pasta Noodle	ļ
PM SNACK*	MONDAY	10	TUESDAY	100	WEDNESDAY		THURSDAY	gri	FRIDAY	Т
Fluid Milk/Water (1/2c)	Water		Milk		Water		Milk	2200	Water	
Protein (1/2oz or 1/4c)	Cottage Cheese				Hummus	L			Pinto Bean Dip	
Grains/Bread (1/2 slice) OR Fruit/Veg (1/2c)	CN Pineapple	С	WG Cereal Chex Mix		WG Grackers		FR Sliced Apples		Baked WG Com Chips	

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.

USDA is an equal opportunity provider and employer.

C=Vitamin C

A=Vitamin A

l=Iron

WG=Whole Grain

FR=Fresh

FZ=Frozen

CN=Canned

Bean-based Protein



03/04-03/08 04/15-04/19 05/27-05/31

07/08-07/12

WEEKS:

DIVISION OF STUDENT AFFAIRS

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

BREAKFAST*	MONDAY		TUESDAY		WEDNESDAY	10	THURSDAY	13	FRIDAY	
Fluid Milk (3/4c)	Milk	Т	Milk	T	Milk	Г	Milk		Milk	
Fruit/Veg (1/2c)	CN Peaches	A	FZ Mangoes	A	FR Blueberries	С	CN Pineapple	С	FR Bananas	c
Grains/Bread/ Cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal		WG English Muffin		WG Gereal		Eggs & Turkey Burrito WG Tortilla, Eggs, Turkey, & Cheese		WG Cereal	

LUNCH/SUPPER*	MONDAY		TUESDAY		WEDNESDAY		THURSDAY	8	FRIDAY
Fluid Milk (3/4c)	Milk	Г	Milk		Milk		Milk		Milk
	White		BBQ Chicken		Beef &	Г	Turkey		Bean &
	Vegetarian		Sandwich		Broccoli Stir-		Tetrazinni		Cheese
	Chili		Shredded		Fry		Ground		Burrito Pinto
	CN Great		Chicken		Beef		Turkey		Beans &
	Northern		Meat Alt.:		Meat Alt.:		Meat Alt.:		Cheddar
	Beans &		String Cheese		Vegetable		Yogurt & Plain		Cheese
Protein 1.5oz	Monterey Jack		_		Chili		Noodles		
(3/4c)	Cheese	t	1	h,		ŀ		l.	
	FZ Steamed		FZ Roasted	Г	FZ Broccoli &		FZ Green Peas		FZ
	Carrots & FZ		Potatoes & FR		CN Mandarin		& FR		Chuckwagon
Veg/Fruit (1/4c	Strawberries	A	Apple Slices		Oranges	A	Cantaloupe	A	Corn & FR
each)		c		c		c		c	Watermelon
Grains/Bread (1/2	WG		WG Bun	Г	Brown Rice		WG Pasta		WG Tortillas
slice)	Gornbread	h		h		ı	Noodle	l.	

PM SNACK*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Water	Milk	Water	Milk	Water
Fluid Milk/Water					1 1
(1/2c)					1 1
Protein (1/2oz or	Yogurt		Black Bean &		String Cheese
1/4c)			Corn Salsa	1	
Grains/Bread (1/2	W6 Granola	Fresh	WG Grackers	WG Bread	WG Cereal
slice) OR Fruit/Veg		Clementines		with Marinara	Ghex Mix
(1/2c)	A E TO Y	1	c		

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.

USDA is an equal opportunity provider and employer.

C=Vitamin C

A=Vitamin A

l=Iron

WG=Whole Grain

FR=Fresh

FZ=Frozen

CN=Canned

Bean-based Protein



BREAKFAST*

Becky Gates Children's Center

DIVISION OF STUDENT AFFAIRS

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

FRIDAY

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

MONDAY TUESDAY WEDNESDAY THURSDAY

OILEAKI ADT	HOHDAI		IOLDUAT		AACDIACODAL		INUNSDAT	933	PRIDAT	0.00
Fluid Milk (3/4c)	Milk		Milk		Milk	Г	Milk	Г	Milk	
	CN Pears	Г	CN Fruit	Г	FR Bananas	Γ	CN	Т	FR Oranges	
Fruit/Veg (1/2c)		П	Cocktail	l		lc	Applesauce	lc		lc
	WG Cereal		WG Muffin		WG Cereal	Г	Cheese	T	WG Cereal	
Grains/Bread/			100		1	1	Omelette			
Cereal 1/2oz (1/4c)		ı	1 3 3 4 3			1		ı	Was a Figure	1
OR Protein (1/2oz		L	E . ST . S			ı		ı	E-2 - 5-10	1
or 1/4c)		Ы		h		l.		l		ll.
J. 27 107		_		_		_		1		1
LUNCH/SUPPER*	MONDAY		TUESDAY		WEDNESDAY	18	THURSDAY	20	FRIDAY	120
Fluid Milk (3/4c)	Milk	T	Milk	Г	Milk		Milk	T	Milk	\top
,	Southwest	Г	Chicken Curry		Spaghetti &	Г	Turkey Pot	Т	Build Your	
	Cobb Salad		Chicken Strips		Meat Sauce		Pie		Own Bean	
	w/Ranch		Meat Alt.:		Ground Beef		Ground		Tostada	
	Egg, Black		Hard Boiled		Meat Alt.:		Turkey		Pinto Beans	
	Beans, &		Egg & Plain		Cheese with		Meat Alt.:		and Cheddar	-
	Mozzarella		Couscous		Spaghetti &		Refried Beans		Cheese	1
Protein 1.5oz	Cheese				Plain Sauce		& WG Tortilla		Circusc	1
(3/4c)		lı .		l.		ļ,		lı.		l,
(-,,	FR Romaine,	T	FZ Green Peas	Н	CN Tomato		FZ Mixed	۲	FR Romaine	۲
	CN Corn, & FR	1	& FR Sliced	ı	Sauce & FR		Vegetables &		Lettuce, FR	
	Tomatoes	П	Apples	1	Zucchini		FR Honeydew		Tomatoes &	1
Veg/Fruit (1/4c	Tomacoca	A	Libbica	A	Laccinin	٨	Melon		CN Pineapple	
each)		C		lc.		2	INEIGH	2	Civiliteappie	10
caciij	WG Garlio	-	WG	۴	WG Pasta	-	WG Bisquit	۲	WG Baked	-
Grains/Bread (1/2	Bread		Couscous/		Noodle		WG BISGUIL		Tostada	Ι.
slice)	breau		Pasta	l,	Napodie	١.			lostada	II. 1
since,		1	Lasta		-	_				
PM SNACK*	MONDAY	18	TUESDAY		WEDNESDAY	0	THURSDAY		FRIDAY	T
	Water	1	Milk		Water		Milk	1000	Water	-
Fluid Milk/Water	Truce.	1	l'unix		Water		liver and a second		Water	
(1/2c)	1	ı							l) î	1
Protein (1/2oz or	Sunbutter	H		H	Refried Beans			-		+
1/4c)	Julibattel				Memed beams	ï			Yogurt	
1/40)	WG Gracker	-	FR	H	WG Portilla	-	WG Bagel	\vdash		-
Grains/Bread (1/2	AAG disankel	1	l		AAG LOUGHIS		wo pagel		WG Granola	
slice) OR Fruit/Veg	TO VINE THE		Cauliflower,							
(1/2c)	A STATE OF THE PARTY OF THE PAR		Cucumbers &					l.	100 7157	
(1/20)	P. C. S.	1	Ranch	C				L		

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.

USDA is an equal opportunity provider and employer.

I=Iron

C=Vitamin C A=Vitamin A

WG≠Whole Grain FR=Fresh FZ=Frozen CN=Canned Bean-based Protein



DIVISION OF STUDENT AFFAIRS

<u>WEEKS</u>: 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	18	WEDNESDAY		THURSDAY	FRIDAY	1 3
Fluid Milk (3/4c)	Milk	Milk	Γ	Milk	Г	Milk	Milk	T
Fruit/Veg (1/2c)	FR Blueberries	CN Tomato Salsa		FZ Mixed Berries	С	CN Applesauce	CN Peaches	A
Grains/Bread/ Cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Gereal	Breakfast Burrito Black Beans, Eggs & WG Tortilla		WG Cereal		WG Seasonal Fruit/Vegetabl e Bread	WG Cereal	

LUNCH/SUPPER*	MONDAY		TUESDAY		WEDNESDAY	-03	THURSDAY	13	FRIDAY	Γ
Fluid Milk (3/4c)	Milk	Г	Milk	Г	Milk		Milk		Milk	T
Protein 1.5oz	Egg & Ranch Roll Up Egg and Cheddar Cheese		Chicken Salad Shredded Chicken Meat Alt.: Cottage Cheese		Shepherd's Pie Ground Beef Meat Alt.: Hard Boiled Egg & Plain Vegetables		Turkey Avocado Flatbread Deli Turkey & Sliced Cheese Meat Alt.: Extra Sliced Cheese		Black Bean Patty Black Beans	
(3/4c)				1		L		l.		ı
Veg/Fruit (1/4c each)	FR Red Bell Peppers & CN Peaches	A	FR Romaine Salad & FR Sliced Oranges	A	Instant Potatoes & FZ Mixed Vegetables		FR Avocado Spread, Tomato & FR Banana	A C	FZ Corn & FR Honeydew Melon	c
Grains/Bread (1/2 slice)	WG Tortilla	ı	WG Groissant		WG Slice Bread	ı	WG Bread	,	WG Bun	ļ

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	1	Cheese Cubes
Grains/Bread (1/2 slice) OR Fruit/Veg (1/2c)	CN Pineapple	WG Graham Gracker C	WG Baked (Prita) Chip	FZ Strawberries I & Bananas	FR Sliced Apples

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.

USDA is an equal opportunity provider and employer.

C=Vitamin C

A=Vitamin A

l=Iron

WG=Whole Grain

FR=Fresh

FZ=Frozen

CN=Canned

Bean-based Protein



DIVISION OF STUDENT AFFAIRS

WEEKS: 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

DREAKFAST	INCIADA	0.00	TOESDAT	1/3	AAEDIAE2DW1		INUKSDAT		FRIDAT	
Fluid Milk (3/4c)	Milk	Г	Milk	Г	Milk	Г	Milk		Milk	Т
	FR Cantaloupe	Α	FZ Berries	Г	CN Pineapple	Г	CN Tomato	Α	FR Oranges	Т
Fruit/Veg (1/2c)		lc		c		c	Salsa	c		lc
Grains/Bread/ Cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Gereal	1	WG Paneakes		WG Gereal		Huevos Rancheros Eggs, Beans, & WG Tortilla		WG Cereal	
LUNCH/SUPPER*	MONDAY		TUESDAY		WEDNESDAY	-	THURSDAY		FRIDAY	T
Fluid Milk (3/4c)	Milk	Н	Milk	-	Milk		Milk	-	Milk	t
Tala iviik (5/40)	Mediterranea n Salad Chickpeas & Feta Cheese		Duo Green Pasta Grilled Chicken Strips & Parmesean Cheese Meat Alt.: Mediterranea		Build Your Own Taco Ground Beef & Cheddar Cheese Meat Alt.: Extra Cheddar Cheese		Turkey Burger Ground Turkey Meat Alt.: Cheese Sandwich		Lentil and Potato Soup Meat Alt.: Sunbutter	
Protein 1.Soz (3/4c)		ı	n Salad	ı		1	65.85	ı		ı
	FR Red Bell Peppers, Onion, Tomato & CN Mandarin		FZ Asparagus, FR Green Beans & CN Peaches		FR Lettuce, Tomato & FR Watermelon	- 15 Tan 000 000 000	FZ Steamed Carrots & FR Bananas		FZ Potatoes, Carrots, Onions & CN Mixed Fruit	
Veg/Fruit (1/4c each)	Oranges	A C		A C		A		A		A
Grains/Bread (1/2 slice)	W6 Quinoa	1	WG Pasta Noodle	1	WG Tortilia	1	WG Cracker	ı	WG Corn Blend Muffin	ı
PM SNACK*	MONDAY	1900	TUESDAY		WEDNESDAY		THURSDAY	10	FRIDAY	120
Fluid Milk/Water (1/2c)	Water		Milk		Water		Milk		Water	
Protein (1/20z or 1/4c)	Sunbutter	ı			Bean Dip	1			Yogurt	
Grains/Bread (1/2 slice) OR Fruit/Veg (1/2c)	WG Waffle	1	WG Goldfish Gradker	1	WG Cracker	1	FR Zucchini Slices with Ranch		WG Graham Cracker	

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.

USDA is an equal opportunity provider and employer.

C=Vitamin C

A=Vitamin A

I=Iron

WG=Whole Grain

FR=Fresh

FZ=Frozen

CN=Canned

Bean-based Protein