

**WEEKS:**  
09/26/2022  
11/07/2022  
12/19/2022  
01/30/2023  
03/13/2023

## 2022-2023 Children's Center Menu - Seasonal Fall/Winter - Week 1

BREAKFAST*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Fruit/veg (1/2c)	FZ Strawberries C	FR Orange	FR Blueberries	CN Applesauce	CN Pineapple C
Grains/ bread/ cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal I	WG Bagel I	WG Cereal I	Cheese Omelet	WG Cereal I

LUNCH/SUPPER*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Protein 1.5oz (3/4c)	Mac n' Cheese Cheddar Cheese	Grilled Chicken Chicken <u>Meat Alt.</u> Navy Beans	Beef and Broccoli Sautéed Beef <u>Meat Alt.</u> Mac n' Cheese	Turkey Tetrazzini Diced Turkey <u>Meat Alt.</u> Cottage Cheese	Black Bean Burger Black Beans
Veg/Fruit (1/4c each)	FZ Cauliflower and CN Apricots	FR Cooked Carrots and CN Pears	FZ Broccoli and CN Peaches	FZ Peas and FR Bananas	FR Garden Salad and FZ Mango
Grains/bread (1/2 slice)	WG Pasta I	WG Roll I	WG Brown Rice I	WG Pasta I	WG Bun I

PM SNACK*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid milk/water (1/2c)	Water	Milk	Water	Milk	Water
Protein (1/2oz or 1/4c)	White Bean Dip I		Hummus I		Cottage Cheese
Grains/bread (1/2 slice) OR Fruit/Veg (1/2c)	WG Crackers I	WG Chex Mix I	WG Baked Chip I	WG Muffins I	CN Mandarin Oranges A C

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Bean-based Protein

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**WEEKS:**  
10/03/2022  
11/14/2022  
12/23/2022  
02/06/2023  
03/20/2023

## 2022-2023 Children's Center Menu - Seasonal Fall/Winter - Week 2

BREAKFAST*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Fruit/veg (1/2c)	FR Orange C	CN Peaches C	FR Banana A	CN Tropical Fruit C	CN Pears A C
Grains/ bread/ cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal I	WG Waffles I	WG Cereal I	WG Bran Muffins 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)	<b>Hoppin' John</b> Black-Eyed Peas I	<b>Chicken Spaghetti</b> Baked Chicken <u>Meat Alt.</u> Cheese I	<b>Soft Beef Taco</b> Ground Beef <u>Meat Alt.</u> Chili Beans I	<b>Smoked Turkey Potato Soup</b> Smoked Turkey <u>Meat Alt.</u> Grilled Cheese I	<b>Bean &amp; Cheese Nachos</b> Pinto Beans & Cheddar Cheese I
Veg/Fruit (1/4c each)	FZ Onions, Peppers, & Celery, and FR Cantaloupe A C	FZ Peas & Carrots, and FR Apples A C	FR Lettuce, Tomato, and CN Mandarin Oranges A C	FZ Celery and Onion and CN Apricots A C	CN Chuck Wagon Corn and FZ Strawberries A C
Grains/bread (1/2 slice)	WG Brown Rice I	WG Pasta I	WG Tortilla I	WG Cracker I	WG Tortilla or Chips I

PM SNACK*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid milk/water (1/2c)	Water	Milk	Water	Milk	Water
Protein (1/2oz or 1/4c)	Nonfat Yogurt I		<b>Mixed Bean Salad</b> I		Sunbutter I
Grains/bread (1/2 slice) OR Fruit/Veg (1/2c)	FZ Mangoes A C	WG Teddy Grahams I	WG Pasta I	FR Cucumbers w/Ranch I	WG Cinnamon Raisin Bread I

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**WEEKS:**

 10/10/2022  
 11/21/2022  
 01/02/2023  
 02/13/2023  
 03/27/2023

**2022-2023 Children's Center Menu - Seasonal Fall/Winter - Week 3**

<b>BREAKFAST*</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
Fluid milk (3/4c)	Milk	Milk	Milk	Milk	Milk	
Fruit/veg (1/2c)	FR Blueberries	CN Peaches	FR Bananas	FZ Strawberries	CN Mandarin Oranges	A C
Grains/ bread/ cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal	Bean-based Protein Omelet with CN Black Beans	WG Cereal	WG Oatmeal	WG Cereal	I

<b>LUNCH/SUPPER*</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
Fluid milk (3/4c)	Milk	Milk	Milk	Milk	Milk	
Protein 1.5oz (3/4c)	Broccoli & Cheese Soup Cheddar Cheese	Chicken Stirfry Chicken Meat Alt. Broccoli & Cheddar Soup	Beef Goulash Ground Beef Meat Alt. Goulash w/Chickpeas	Turkey Burger Turkey Meat Alt. Black Bean Burger	Cheese Pizza Mozzarella	
Veg/Fruit (1/4c each)	FZ Broccoli and CN Pears	FZ Stirfry Vegetable Blend and CN Pineapple	CN Tomatoes and FZ Mango	FR Lettuce and Tomato, and FR Canteloupe	FR Spinach Salad and FZ Mixed Fruit	A C A C
Grains/bread (1/2 slice)	WG Roll	WG Brown Rice	WG Pasta	WG Bun	WG Crust	I

<b>PM SNACK*</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
Fluid milk/water (1/2c)	Water	Milk	Water	Milk	Water	
Protein (1/2oz or 1/4c)	Hummus		String Cheese		Pinto Beans	I
Grains/bread (1/2 slice) OR Fruit/Veg (1/2c)	WG Pita Crisps	FR Orange	WG Cracker	CN Tropical Fruit	WG Tortilla	A C I

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**WEEKS:**  
10/17/2022  
11/28/2022  
01/09/2023  
02/20/2023  
04/03/2023

## 2022-2023 Children's Center Menu - Seasonal Fall/Winter - Week 4

BREAKFAST*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Fruit/veg (1/2c)	FR Canteloupe A C	FR Orange C	CN Cinnamon Apples C	FZ Strawberries C	CN Pears C
Grains/ bread/ cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal I	WG Seasonal Fruit Bread I	WG Cereal I	WG Waffles 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)	<b>No Meat Southwest Chili</b> Bean Variety I	<b>Creamy Chicken Lemon Pasta</b> Shredded Chicken Meat Alt. No Meat Chili I	<b>BBQ Beef Sandwich</b> Shredded Brisket Meat Alt. Cheese I	<b>Turkey and Rice Soup</b> Diced Turkey Meat Alt. Hummus I	<b>Bean Burrito Bowl</b> Black Beans I
Veg/Fruit (1/4c each)	CN Tomatoes & FZ Corn (in chili) and CN Pineapple A C	FZ Peas and FR Honeydew A C	FZ Mixed Vegetables and FR Bananas A C	FR Spinach Salad with Dressing and CN Mandarin Oranges A C	FZ Fajita Vegetables, Kale and FR Apples A C
Grains/bread (1/2 slice)	WG Cornbread I	WG Pasta I	WG Buns I	WG Brown Rice I	WG Quinoa I

PM SNACK*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid milk/water (1/2c)	Water	Milk	Water	Milk	Water
Protein (1/2oz or 1/4c)	String Cheese		<b>Roasted Chickpeas</b> I		Yogurt I
Grains/bread (1/2 slice) OR Fruit/Veg (1/2c)	WG Tortilla I	WG Bagel I	WG Crackers I	WG Chex Mix I	FZ Blueberries I

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 12/05/2022  
 01/06/2023  
 02/27/2023  
 04/10/2023

**2022-2023 Children's Center Menu - Seasonal Fall/Winter - Week 5**

<b>BREAKFAST*</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Fluid milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Fruit/veg (1/2c)	CN Fruit Cocktail	A CN Peaches C	A CN Apricots	A FZ C Blueberries	CN Pears
Grains/ bread/ cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal	WG Oatmeal	WG Cereal	WG French Toast	WG Cereal

<b>LUNCH/SUPPER*</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Fluid milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Protein 1.5oz (3/4c)	<b>Lemon Lentil Soup</b> Lentils	<b>Chicken Fajitas</b> Grilled Chicken Strips <u>Meat Alt.:</u> Yogurt	<b>Beef Picadillo</b> Ground Beef <u>Meat Alt.:</u> Cheese	<b>Turkey Noodle Bake w/Sliced Turkey</b> <u>Meat Alt.:</u> Cottage Cheese	<b>Black Bean Burgers</b> Black Beans
Veg/Fruit (1/4c each)	FR Celery, Carrots, & Onion, & FR Melon	FZ Grilled Vegetables and FZ Corn	FZ Onions, Peppers, CN Tomatoes, and FR Oranges	FZ Peas, Carrots, and FR Bananas	FR Lettuce, Tomato, and FZ Mango Cubes
Grains/bread (1/2 slice)	WG Cornbread Muffin	WG Tortilla	WG Brown Rice	WG Pasta	WG Bun

<b>PM SNACK*</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Fluid milk/water (1/2c)	Water	Milk	Water	Milk	Water
Protein (1/2oz or 1/4c)	Sunbutter		<b>Vegetarian Refried Beans</b>		Cottage Cheese
Grains/bread (1/2 slice) OR Fruit/Veg (1/2c)	FR Apples	WG Goldfish Crackers	WG Tortilla	WG Graham Crackers	CN Pineapple

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01/23/2023  
03/06/2023  
04/17/2023

## 2022-2023 Children's Center Menu - Seasonal Fall/Winter - Week 6

BREAKFAST*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Fruit/veg (1/2c)	CN Tropical Fruit	A FZ Diced Strawberries C	FR Bananas C	CN Apples C	CN Peaches A
Grains/ bread/ cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal I	WG Muffins I	WG Cereal I	WG Oatmeal 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)	<b>Traditional Chili Beans</b>	<b>Chicken Ratatouille</b> Diced Chicken <u>Meat Alt.:</u> Cheese	<b>Black Pepper Beef &amp; Cabbage Stir Fry</b> Ground Beef <u>Meat Alt.:</u> Yogurt or Bean Chili	<b>Turkey and Cheese Wraps</b> Sliced Turkey & Cheese <u>Meat Alt.:</u> Extra Cheese	<b>Veggie Pizza</b> Mozzarella Cheese
Veg/Fruit (1/4c each)	CN Tomatoes, FZ Onions, Peppers, and FR Oranges A C	FR Zucchini, Eggplant, FZ Onions, Peppers, and CN Tomatoes A C	FR Cabbage, FZ Bell Pepper, & CN Apricots A C	FR Lettuce, Tomato, and FZ Fruit Mix A C	FZ Onions, Peppers and FR Cantaloupe A C
Grains/bread (1/2 slice)	WG Cornbread Muffin I	WG Bread I	WG Brown Rice I	WG Tortilla I	WG Crust 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		String Cheese	<b>Roasted Edamame</b> I	<b>Non Refried Beans</b> I
Grains/bread (1/2 slice) OR Fruit/Veg (1/2c)	WG Granola I	WG Graham Crackers I	CN Pears		WG Tortilla I

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