



Becky Gates
Children's Center

WEEKS:
10/09/2023
11/20/2023
01/08/2024
02/19/2024

2023-2024 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 C	FR Blueberries C	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 Meat Alt. Navy Beans I	Beef and Broccoli Sauteed Beef Meat Alt. Mac n' Cheese I	Turkey Tetrazzini Diced Turkey Meat Alt. Cottage Cheese I	Black Bean Burger Black Beans I	
Veg/Fruit (1/4c each)	FZ Cauliflower and CN Apricots A C	FZ Oven Roasted Sweet Potatoes and CN Pears A C	FZ Broccoli and CN Peaches A C	FZ Peas and FR Bananas A C	FR Garden Salad and FZ Mango A C	
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 Tortilla Chips I	WG Chex Mix I	WG Crackers I	WG Muffins I	CN Mandarin Oranges A 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. Milk (Borden) and seasonal produce (Scarmardo) are locally sourced.

USDA is an equal opportunity provider and employer.

C=Vitamin C A=Vitamin A I=Iron

WG=Whole Grain

FR=Fresh

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Bean-based Protein

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



Becky Gates
Children's Center

WEEKS:

10/16/2023

11/27/2023

01/15/2024

02/26/2024

2023-2024 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	CN Peaches	FR Banana	CN Tropical Fruit	A CN Pears	C
Grains/ bread/ cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal	WG Waffles	WG Cereal	WG Bran Muffins	WG Cereal	I

LUNCH/SUPPER*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Fluid milk (3/4c)	Milk	Milk	Milk	Milk	Milk	
Protein 1.5oz (3/4c)	Hoppin' John Black-Eyed Peas	Chicken Spaghetti Baked Chicken <u>Meat Alt.</u> Cheesy Spaghetti	Soft Beef Taco Ground Beef <u>Meat Alt.</u> Chili Beans	Smoked Turkey Potato Soup Smoked Turkey <u>Meat Alt.</u> Pimento Cheese Sandwich	Bean & Cheese Nachos Pinto Beans & Cheddar Cheese	I
Veg/Fruit (1/4c each)	FZ Onions, Peppers, & Celery, and FR Cantaloupe	FZ Peas & Carrots, and FR Apples	FR Lettuce, Tomato, and CN Mandarin Oranges	FZ Celery and Onion and CN Apricots	CN Chuck Wagon Corn and FZ Strawberries	C
Grains/bread (1/2 slice)	WG Brown Rice	WG Pasta	WG Tortilla	WG Cracker	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		Mixed Bean Salad		Sunbutter	I
Grains/bread (1/2 slice) OR Fruit/Veg (1/2c)	FZ Mangoes	WG Teddy Grahams	WG Pasta	WG Goldfish Crackers	WG Cinnamon Raisin Bread	I

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WEEKS:

10/23/2023

12/04/2023

01/22/2023

03/04/2024

2023-2024 Children's Center Menu - Seasonal Fall/Winter - Week 3

BREAKFAST*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Fluid milk (3/4c)	Milk	Milk	Milk	Milk	Milk	
Fruit/veg (1/2c)	FR Blueberries	CN Peaches	FR Bananas	CN Apple & Pumpkin	CN Mandarin Oranges	A C
Grains/ bread/ cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal I	Cheese Omelet with CN Black Beans	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)	Broccoli & Cheese Soup Cheddar Cheese	Chicken Stirfry Chicken Meat Alt. Broccoli & Rice Casserole	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 A C	FZ Stirfry Vegetable Blend and CN Pineapple A C	CN Tomatoes and FZ Mango A C	FR Lettuce and Tomato, and FR Canteloupe A C	FR Spinach Salad and FZ Mixed Fruit A C	
Grains/bread (1/2 slice)	WG Roll I	WG Brown Rice I	WG Pasta I	WG Bun 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)	Hummus I		String Cheese		Pinto Beans I	
Grains/bread (1/2 slice) OR Fruit/Veg (1/2c)	WG Pita Crisps I	FR Orange C	WG Chex Mix I	CN Tropical Fruit A C	WG Tortilla I	

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Becky Gates
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WEEKS:

10/30/2023

12/11/2023

01/29/2024

03/11/2024

2023-2024 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 FR Orange	C CN Cinnamon Apples	C FZ Strawberries	C CN Pears
Grains/ bread/ cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal	WG Seasonal Fruit Bread	WG Cereal	WG Waffles	WG Cereal

LUNCH/SUPPER*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Protein 1.5oz (3/4c)	No Meat Southwest Chili Bean Variety	Creamy Chicken Lemon Pasta Shredded Chicken <u>Meat Alt.</u> No Meat Chili	BBQ Beef Sandwich Shredded Brisket <u>Meat Alt.</u> Pimento Cheese	Turkey and Rice Soup Diced Turkey <u>Meat Alt.</u> Vegetable Soup w/ Kidney Beans	Bean Burrito Bowl Black Beans
Veg/Fruit (1/4c each)	CN Tomatoes & FZ Corn (in chili) and CN Pineapple	FZ Peas and FR Honeydew	FZ Mixed Vegetables and FR Bananas	FR Spinach Salad with Dressing and CN Mandarin Oranges	FZ Fajita Vegetables, Kale and FR Apples
Grains/bread (1/2 slice)	WG Cornbread	WG Pasta	WG Buns	WG Brown Rice	WG Quinoa

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		Roasted Chickpeas		Yogurt
Grains/bread (1/2 slice) OR Fruit/Veg (1/2c)	WG Tortilla	WG Bagel	WG Crackers	WG Teddy Grahams	FZ Blueberries

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WEEKS:

11/06/2023
12/18/2023
02/05/2024
03/18/2024

2023-2024 Children's Center Menu - Seasonal Fall/Winter - Week 5

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

LUNCH/SUPPER*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Protein 1.5oz (3/4c)	Lemon Lentil Soup Lentils	Chicken Fajitas Grilled Chicken Strips Meat Alt.: Charro Beans	Beef Picadillo Ground Beef Meat Alt.: Lentils	Turkey Noodle Bake w/Diced Turkey Meat Alt.: Cheesy Pasta Bake	Black Bean Burgers Black Beans
Veg/Fruit (1/4c each)	FR Celery, Carrots, & Onion, & FR Oranges	FZ Grilled Vegetables and FZ Corn	FZ Onions, Peppers, CN Tomatoes, and FR Melon	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

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

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WEEKS:

11/13/2023
01/02/2024
02/12/2024
03/25/2024

2023-2024 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	FZ Diced Strawberries	FR Bananas	FZ Blueberries	CN Peaches
Grains/ bread/ cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal	WG Muffins	WG Cereal	WG Oatmeal	WG Cereal

LUNCH/SUPPER*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Protein 1.5oz (3/4c)	Traditional Chili Beans	Chicken Ratatouille Diced Chicken <u>Meat Alt.:</u> Navy Beans	Beef Stroganoff Ground Beef <u>Meat Alt.:</u> Yogurt or Bean Chili	Turkey and Cheese Wraps Sliced Turkey & Cheese <u>Meat Alt.:</u> Hummus & Cheese	Veggie Pizza Mozzarella Cheese
Veg/Fruit (1/4c each)	CN Tomatoes, FZ Onions, Peppers, and FR Oranges	FR Zucchini, Eggplant, FZ Onions, Peppers, and CN Tomatoes	FZ Green Beans, CN Apricots	FR Lettuce, Tomato, and CN Applesauce	FZ Onions, Peppers and FR Cantaloupe
Grains/bread (1/2 slice)	WG Cornbread Muffin	WG Bread	WG Pasta	WG Tortilla	WG Crust

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	Roasted Edamame	Non Refried Beans
Grains/bread (1/2 slice) OR Fruit/Veg (1/2c)	WG Granola	WG Graham Crackers	CN Pears		WG Tortilla

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