



Becky Gates Children's Center

EDUCATION & HUMAN DEVELOPMENT

WEEKS:

04/01/2024
05/13/2024
06/24/2024
08/05/2024

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 Pears	FR Bananas C	CN Apricots C	A CN Fruit C Cocktail
Grains/Bread/ Cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal I	WG Cinnamon Raisin 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)	Pasta Primavera Parmesan Cheese & Cannellini Beans I	Pineapple Chicken Rice Bowls Chicken <u>Meat Alt.:</u> Edamame I	Hamburgers Ground Beef Patties <u>Meat Alt.:</u> Black Bean Burger I	Turkey & Noodles Diced Turkey <u>Meat Alt.:</u> Pasta Primavera I	Creole Red Beans & Rice Red Beans I
Veg/Fruit (1/4c each)	FZ California Style Blend Vegetables & CN Peaches A C	FZ Mixed Asian Blend Vegetables & FR Pineapple A C	FR Lettuce, Tomatoes & CN Applesauce A C	FZ Peas, Carrots & FR Sliced Apples A C	FR Onion, Green Bell Peppers (In Beans and Rice) & FZ Diced Mango 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		Bean Dip I		Yogurt
Grains/Bread (1/2 slice) OR Fruit/Veg (1/2c)	WG Bagel I	WG Cereal Chex Mix I	WG Crackers I	WG Muffin I	FZ Blueberries

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 and seasonal 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

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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

EDUCATION & HUMAN DEVELOPMENT

WEEKS:
04/08/2024
05/20/2024
07/01/2024
08/12/2024

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)	CN Pears	FR Sliced Cantaloupe	A C FR Bananas	C FR Sliced Honeydew	C FZ Blueberries
Grains/Bread/ Cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal	WG Muffins	WG Cereal	Cheese & Vegetable Egg Bites	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.: Vegetarian Burger	Turkey & Cheese Roll- Up Deli Turkey Sliced Cheese Meat Alt.: Hummus	Cheese Pizza Cheese
Veg/Fruit (1/4c each)	FR Onion, CN Tomatoes, FR Greens, Asparagus & FR Sliced Oranges	FR Green Beans & CN Peaches	CN Ranch- style Beans & CN Mixed Fruit	FR Spinach & CN Apricots	FR Mixed Green Salad & FZ Mango
Grains/Bread (1/2 slice)	WG Pasta Noodle	WG Dinner Roll	WG Bun	WG Tortilla	WG Pizza Crust

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 Teddy Grahams	WG Crackers	FR Sliced Apples	Baked WG Corn Chips

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EDUCATION & HUMAN DEVELOPMENT

WEEKS:

04/15/2024

05/27/2024

07/08/2024

08/19/2024

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 Bananas C	FR Blueberries C	CN Apricots A
Grains/Bread/ Cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal I	WG Bagel I	WG Cereal I	WG French Toast 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 Cannalini Beans & Monterey Jack Cheese I	BBQ Chicken Sandwich Shredded Chicken <u>Meat Alt.:</u> Vegetarian Sandwich I	Beef & Broccoli Stir- Fry Beef <u>Meat Alt.:</u> Vegetable Chili I	Turkey Tetrazinni Ground Turkey <u>Meat Alt.:</u> Cheesy Vegetable Pasta Bake I	Bean & Cheese Burrito Pinto Beans & Cheddar Cheese I
Veg/Fruit (1/4c each)	FZ Onions, Peppers & FR Sliced Oranges C	FZ Roasted Potatoes & CN Tropical Fruit Mix A	FZ Broccoli & FR Canteloupe C	FZ Green Peas & CN Pears A	FR Garden Salsa, FZ Chuckwagon Corn & FZ Strawberries C
Grains/Bread (1/2 slice)	WG Cornbread 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 I		Black Bean & Corn Salsa I		String Cheese I
Grains/Bread (1/2 slice) OR Fruit/Veg (1/2c)	WG Granola I	FR Apple Slices C	WG Tortilla Chips I	WG Goldfish Crackers I	WG Graham Cracker I

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EDUCATION & HUMAN DEVELOPMENT

WEEKS:
04/22/2024
06/03/2024
07/15/2024
08/26/2024

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	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)	Hummus & Veggie Wrap Hummus and Cheese	Chicken Curry Chicken Strips <u>Meat Alt.:</u> Hummus Wrap	Spaghetti & Meat Sauce Ground Beef <u>Meat Alt.:</u> Spaghetti with Cheese & Plain Sauce	Turkey Pot Pie Ground Turkey <u>Meat Alt.:</u> Refried Beans & WG Tortilla	Build Your Own Bean Nachos Pinto Beans and Cheddar Cheese
Veg/Fruit (1/4c each)	FR Spinach, & CN Mandarin Oranges	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 Flat Bread or Tortilla	WG Brown Rice	WG Pasta Noodle	WG Biscuit	WG Tortilla/Chips

PM SNACK*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid Milk/Water (1/2c)	Water	Milk	Water	Milk	Water
Protein (1/2oz or 1/4c)	Yogurt		Refried Beans		Sunbutter
Grains/Bread (1/2 slice) OR Fruit/Veg (1/2c)	FZ Strawberries	WG Bagel	WG Tortilla	WG Chex Mix	WG Crackers

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EDUCATION & HUMAN DEVELOPMENT

WEEKS:

04/29/2024

06/10/2024

07/22/2024

09/02/2024

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 Mixed Fruit C A	CN Apricots A	FR Blueberries A	CN Peaches A	FZ Mango A C
Grains/Bread/ Cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal I	WG Seasonal Fruit or Vegetable 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)	Navy Beans & Tortellini Navy Beans I	Chicken Salad Shredded Chicken <u>Meat Alt.:</u> Pimento Cheese I	Cowboy Stew Ground Beef <u>Meat Alt.:</u> Vegetable Stew with Beans I	Turkey Avocado Sub Deli Turkey & Sliced Cheese <u>Meat Alt.:</u> Hummus I	Black Bean Burger Black Beans I
Veg/Fruit (1/4c each)	FZ Kale, CN Tomato & CN Cinnamon Apples A C	FR Tossed Salad & FR Sliced Oranges A C	FZ Mixed Vegetables & FR Banana A C	FR Avocado Spread, Tomato & CN Pears A C	FZ Sliced Carrots & FR Honeydew Melon A C
Grains/Bread (1/2 slice)	WG Pasta I	WG Croissant I	WG Corn Bread I	WG Bread 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)	Cottage Cheese		Hummus I		String Cheese
Grains/Bread (1/2 slice) OR Fruit/Veg (1/2c)	CN Pineapple C	WG Graham Cracker I	WG Baked (Pita) Chip I	CN Tropical Fruit Mix A C	FR Sliced Apples C

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WEEKS:
05/06/2024
06/17/2024
07/29/2024
09/09/2024

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)	CN Pineapple	FZ Blueberries	FR Honeydew	FZ Strawberries	FR Oranges
Grains/Bread/ Cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal	WG Waffle	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)	Vegan Jambalaya CN Kidney Beans	Chicken Ramen Grilled Chicken Strips <u>Meat Alt.:</u> Pasta & Edemame	Build Your Own Taco Ground Beef & Cheddar Cheese <u>Meat Alt.:</u> Pinto Bean Taco	Turkey Burger Ground Turkey <u>Meat Alt.:</u> Black Bean Burger	Lentil and Potato Soup Lentils
Veg/Fruit (1/4c each)	FZ Onions, Peppers, CN Tomato & CN Mandarin Oranges	FZ Edamame, & FR Cantaloupe	FR Lettuce, Tomato & FR Watermelon	FZ Chuckwagon Corn & CN Apricots	FZ Potatoes, Carrots, Onions & CN Mixed Fruit
Grains/Bread (1/2 slice)	WG Brown Rice	WG Pasta Noodle	WG Tortilla	WG Hamburger Bun	WG Corn Bread Muffin

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

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