



TEXAS A&M UNIVERSITY  
**Becky Gates**  
**Children's Center**

**WEEKS:**  
 09/16/2024  
 10/28/2024  
 12/09/2025  
 01/20/2025  
 03/03/2025

**2024-2025 Children's Center Menu - Seasonal Fall/Winter - Week 1**

<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)	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 & cream cheese I	WG Cereal I	Cheese Omelet I	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)	Mac n' Cheese Cheddar Cheese	Grilled Chicken Strips 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

<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)	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

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C=Vitamin C    A=Vitamin A    I=Iron

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**WEEKS:**  
 09/23/2024  
 11/04/2024  
 12/16/2024  
 01/27/2025  
 03/10/2025

**2024-2025 Children's Center Menu - Seasonal Fall/Winter - Week 2**

<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 Orange C	CN Peaches A	FR Banana C	CN Tropical Fruit A C	CN Pears 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

<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>Hoppin' John</b> Black-Eyed Peas I	<b>Chicken Spaghetti</b> Baked Chicken Meat Alt. Cheesy Spaghetti I	<b>Soft Beef Taco</b> Ground Beef Meat Alt. Chili Beans I	<b>Smoked Turkey Potato Soup</b> Smoked Turkey Meat Alt. Pimento Cheese Sandwich I	<b>Bean &amp; Cheese Nachos</b> Pinto Beans & Cheddar Cheese FR Garden Salsa I
Veg/Fruit (1/4c each)	FZ Onions, Peppers, & Celery, and CN Apricots A C	FZ Peas & Carrots, and FR Apples A C	FR Lettuce, Tomato, and CN Mandarin Oranges A C	FZ Celery and Onion and FR Cantalope A C	FZ 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

<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)	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	WG Goldfish Crackers I	WG Cinnamon Raisin Bread I

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TEXAS A&M UNIVERSITY  
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**WEEKS:**  
 09/30/2024  
 11/11/2024  
 12/23/2024  
 02/03/2025  
 03/17/2025

**2024-2025 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	CN Apple & Pumpkin	CN Mandarin Oranges	A C
Grains/ bread/ cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal	Cheese 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)	<b>Broccoli &amp; Cheese Soup</b> Cheddar Cheese	<b>Chicken Stirfry</b> Chicken <u>Meat Alt.</u> Broccoli & Rice Casserole	<b>Beef Goulash</b> Ground Beef <u>Meat Alt.</u> Goulash w/Chickpeas	<b>Turkey Burger</b> Turkey <u>Meat Alt.</u> Black Bean Burger	<b>Cheese Pizza</b> 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 Chex Mix	CN Tropical Fruit	WG Tortilla	A C I

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**WEEKS:**  
 10/07/2024  
 11/18/2024  
 12/30/2024  
 02/10/2025  
 03/24/2025

**2024-2025 Children's Center Menu - Seasonal Fall/Winter - Week 4**

<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 Pineapple	CN Peaches	CN Cinnamon Apples	FZ Strawberries	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

<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>No Meat Southwest Chili</b> Bean Variety	<b>Creamy Chicken Lemon Pasta</b> Shredded Chicken Meat Alt. No Meat Chili	<b>Hamburgers Ground Beef Patties</b> Meat Alt. Veggie Burger	<b>Turkey and Rice Soup</b> Diced Turkey Meat Alt. Vegetable Soup w/ Kidney Beans	<b>Bean Burrito Bowl</b> Black Beans
Veg/Fruit (1/4c each)	CN Tomatoes & FZ Corn (in chili) and FR Oranges	FZ Peas and FR Honeydew	FR Lettuce & Tomatoes and FR Bananas	FZ Mixed vegetables and FR Cantaloupe	FZ Fajita Vegetables, Kale and FR Apples
Grains/bread (1/2 slice)	WG Cornbread	WG Pasta	WG Buns	WG Brown Rice	WG Quinoa

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

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 10/14/2024  
 11/25/2024  
 01/06/2025  
 02/17/2025  
 03/31/2025

**2024-2025 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 FR Apple Slices	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	WG Goldfish Crackers	WG Tortilla	Pumpkin Applesauce	CN Pineapple

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 10/21/2024  
 12/02/2024  
 01/13/2025  
 02/24/2025  
 04/07/2025

**2024-2025 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)	<b>Traditional Chili Beans</b>	<b>Chicken Ratatouille</b> Diced Chicken <u>Meat Alt.:</u> Navy Beans	<b>Beef Stroganoff</b> Ground Beef <u>Meat Alt.:</u> Yogurt or Bean Chili	<b>Turkey and Cheese Wraps</b> Sliced Turkey & Cheese <u>Meat Alt.:</u> Hummus & Cheese	<b>Veggie Pizza</b> 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	<b>Roasted Edamame</b>	<b>Non Refried Beans</b>
Grains/bread (1/2 slice) OR Fruit/Veg (1/2c)	WG Granola	WG Graham Crackers	CN Pears		WG Tortilla

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