



TEXAS A&M UNIVERSITY
Charlotte Sharp
Children's Center

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 1

BREAKFAST*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Fruit/veg (1/2c)	FZ Strawberries C	CN Applesauce	FR Blueberries	FR Orange C	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	WG Cereal I

LUNCH/SUPPER*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Protein 1.5oz (3/4c)	CauliflowerMaccaroni & Cheese Cheese Blend	Grilled Chicken Tenders Chicken Meat Alt.: Beans	Beef & Brocoli Stir Fry Beef Meat Alt.: Mac & Cheese	Turkey Tetrazzini Turkey Meat Alt.: Cottage Cheese	Black Bean Burger Black Beans
Veg/Fruit (1/4c each)	FZ Cauliflower & CN Apricots A C	FZ Roasted Sweet Potatoes & FR Melon A C	FZ Broccoli & CN Peaches A C	FZ Peas & FR Bananas A C	FR Garden Salad & 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 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

FZ=Frozen

CN=Canned

Bean-based Protein

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



TEXAS A&M UNIVERSITY
**Charlotte Sharp
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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 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 A	FR Banana C	FR Pineapple 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	Scrambled Eggs 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)	Hoppin' John Black-eyed Peas I	Chicken Spaghetti Chicken <u>Meat Alt.:</u> Cheesy Spaghetti I	Soft Beef Tacos Ground Beef <u>Meat Alt.:</u> Chili Beans I	Turkey Potato Soup Turkey <u>Meat Alt.:</u> Pimento Cheese Sandwich I	Bean & Cheese Nachos Pinto Beans & Cheddar Cheese I
Veg/Fruit (1/4c each)	FZ Onions, Peppers, and celery & FR Cantaloupe A C	FZ Peas and carrots & FR Apples A C	FR Lettuce and Tomato & CN Mandarin Oranges A C	FZ Celery and onion & CN Apricots A C	CN Chuck Wagon Corn & FZ Strawberries C
Grains/Bread (1/2 slice)	WG Brown Rice I	WG Pasta I	WG Tortilla I	WG Cracker I	WG Tortilla Chip Rounds 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		Mixed Bean Salad 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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WEEKS:
 10/14/2024
 11/25/2024
 01/06/2025
 02/17/2025
 02/24/2025

2024-2025 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	FR Melon	FR Bananas	CN Apples & Cinnamon	CN Mandarin Oranges
Grains/ bread/ cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal	Bean & Cheese Omelet CN Black Beans	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)	Broccoli & Cheese Soup Cheddar Cheese	Chicken Stir Fry Chicken <u>Meat Alt.:</u> Broccoli & Rice Casserole	Beef Goulash Ground Beef <u>Meat Alt.:</u> Goulash w/Chickpeas	Turkey Burger Turkey <u>Meat Alt.:</u> Black Bean Burger	Cheese Pizza Mozzarella
Veg/Fruit (1/4c each)	FZ Broccoli & CN Pears	FZ Stir Fry Vegetable Blend & CN Pineapple	CN Tomatoes & FZ Mango	FR Lettuce and Tomato & FR Canteloupe	FR Spinach Salad & FZ Mixed Fruit
Grains/Bread (1/2 slice)	WG Roll	WG Brown Rice	WG Pasta	WG Bun	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)	Hummus		String Cheese		Pinto Beans
Grains/bread (1/2 slice) OR Fruit/Veg (1/2c)	WG Pita Crisps	FR Orange	WG Chex Mix	CN Tropical Fruit	WG Tortilla

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WEEKS:
 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 4

BREAKFAST*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Fruit/veg (1/2c)	FR Canteloupe A C	CN Pumpkin C	CN Cinnamon Apples	FZ Strawberries C	CN Pears
Grains/ bread/ cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal I	WG French Toast Sticks 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)	Meatless Southwest Chili Bean variety I	Creamy Chicken Lemon Pasta Chicken <u>Meat Alt.:</u> Meatless Chili I	BBQ Beef Sandwiches Beef <u>Meat Alt.:</u> Pimento Cheese Sandwich I	Turkey & Rice Soup Turkey <u>Meat Alt.:</u> Vegetable & Kidney Bean Soup I	Bean Burrito Bowls Black Beans I
Veg/Fruit (1/4c each)	CN Tomatoes & FZ Corn & CN Pineapple A C	FZ Peas & FR Honeydew A C	FR Mixed Vegetables & FR Bananas A C	FR Spinach Salad & CN Mandarin Oranges A C	FZ Fajita Vegetables and Kale & 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		Roasted Chickpeas I		Yogurt I
Grains/bread (1/2 slice) OR Fruit/Veg (1/2c)	WG Tortilla I	WG Bagel I	WG Crackers I	WG Teddy Grahams I	FZ Blueberries

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

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 FZ Diced C Potatoes	CN Apricots	A FZ Berries C	CN Pears
Grains/ bread/ cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal	WG Biscuits & Gravy	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 <u>Meat Alt.:</u> Charro Beans	Beef Picadillo Ground Beef <u>Meat Alt.:</u> Lentils	Turkey Noodle Bake Turkey <u>Meat Alt.:</u> Cheesy Pasta Bake	Black Bean Burgers Black Beans
Veg/Fruit (1/4c each)	FR Celery, Carrots, and Onion, & FR Oranges	A FZ Grilled C Vegetables & FZ Corn	A FZ Onions, C Peppers, CN Tomatoes & FR Melon	A FZ Peas, C Carrots & FR Bananas	A FR Lettuce, C Tomato & FZ Mango
Grains/Bread (1/2 slice)	WG 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:
 11/04/2024
 12/16/2024
 01/27/2025
 03/10/2025

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	A FR Bananas C	FZ Blueberries C	FZ Strawberries 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 Croissant 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)	Chili Beans	Chicken Ratatouille Chicken Meat Alt.: Beans	Beef Stroganoff Beef Meat Alt.: Yogurt or Bean Chili	Turkey & Cheese Wraps Turkey & Cheese Meat Alt.: Hummus & Cheese	Vegetable Pizza Mozzarella Cheese
Veg/Fruit (1/4c each)	CN Tomatoes, FZ Onions and Peppers & FR Oranges A C	FR Zucchini, Eggplant, FZ Onions, Peppers & CN Tomatoes A C	FZ Green Beans & CN Apricots A C	FR Lettuce and Tomato & CN Applesauce A C	FZ Onions and Peppers & FR Cantaloupe A C
Grains/Bread (1/2 slice)	WG Cornbread Muffin I	WG Bread I	WG Pasta 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	Roasted Edamame I	Non Refried Beans 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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