



# Becky Gates Children's Center

**WEEKS:**  
04/14/2025  
05/26/2025  
07/17/2025  
08/18/2025

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

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Bean-based Protein

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# Becky Gates Children's Center

**WEEKS:**  
04/21/2025  
06/02/2025  
07/14/2025  
08/25/2025

## 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	FR Sliced Honeydew	C FR Blueberries
Grains/Bread/ Cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal	WG Muffins	WG Cereal	Cheese Omelete	WG Cereal

LUNCH/SUPPER*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid milk (3/4c)	Milk	Milk	Milk	Milk	Milk
Protein 1.5oz (3/4c)	<b>Vegetarian Spring Minestrone Soup</b> CN Chickpeas and Parmesan Cheese	<b>Grilled Chicken</b> Chicken Breast <u>Meat Alt.:</u> Minestrone Soup	<b>Beef Sloppy Joe</b> Ground Beef <u>Meat Alt.:</u> Vegetarian Burger	<b>Turkey &amp; Cheese Roll-Up</b> Deli Turkey Sliced Cheese <u>Meat Alt.:</u> Hummus	<b>Vegetarian Cheese Pizza</b> 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 Chex Mix	WG Crackers	FR Sliced Apples	Baked WG Corn Chips

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# Becky Gates Children's Center

**WEEKS:**  
04/28/2025  
06/09/2025  
07/21/2025  
09/01/2025

## 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	FZ Mangoes	A FR Bananas	FR Blueberries	CN Pineapple	C
Grains/Bread/ Cereal 1/2oz (1/4c) OR Protein (1/2oz or 1/4c)	WG Cereal	WG Bagel	WG Cereal	WG French Toast	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>White Chili</b> CN Cannellini Beans & Monterey Jack Cheese	<b>BBQ Chicken Sandwich</b> Shredded Chicken <u>Meat Alt.:</u> Vegetarian Sandwich	<b>Beef &amp; Broccoli Stir- Fry</b> Beef <u>Meat Alt.:</u> Vegetable Chili	<b>Turkey Tetrazinni</b> Ground Turkey <u>Meat Alt.:</u> Yogurt & Plain Noodles	<b>Vegetarian Bean &amp; Cheese Burrito</b> Pinto Beans & Cheddar Cheese	I
Veg/Fruit (1/4c each)	FZ Onions, Peppers & FZ Strawberries	FZ Roasted Potatoes & CN Tropical Fruit Mix	FZ Broccoli & CN Mandarin Oranges	FZ Green Peas & FR Watermelon	FZ Chuckwagon Corn & FR Cantaloupe	A C
Grains/Bread (1/2 slice)	WG Cornbread	WG Bun	Brown Rice	WG Pasta Noodle	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		<b>Black Bean &amp; Corn Salsa</b>		String Cheese	I
Grains/Bread (1/2 slice) OR Fruit/Veg (1/2c)	WG Granola	FR Apple Slices	WG Tortillas/ Chips	WG Goldfish Crackers	WG Graham Cracker	I

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# Becky Gates Children's Center

**WEEKS:**  
05/05/2025  
06/16/2025  
07/28/2025  
09/08/2025

## 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 Peaches	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)	<b>Vegetarian Hummus &amp; Veggie Wrap</b> Hummus and Cheese	<b>Chicken Curry</b> Chicken Strips <u>Meat Alt.:</u> Hummus Wrap	<b>Spaghetti &amp; Meat Sauce</b> Ground Beef <u>Meat Alt.:</u> Spaghetti with Cheese & Plain Sauce	<b>Turkey Pot Pie</b> Ground Turkey <u>Meat Alt.:</u> Refried Beans & WG Tortilla	<b>Build Your Own Vegetarian Bean Nachos</b> 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)	Sunbutter		Refried Beans		Yogurt
Grains/Bread (1/2 slice) OR Fruit/Veg (1/2c)	WG Cracker	WG Bagel	WG Tortilla	WG Chex Mix	FZ Strawberries

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# Becky Gates Children's Center

**WEEKS:**  
05/12/2025  
06/23/2025  
08/04/2025  
09/15/2025

## 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 Waffles I	WG Cereal I	WG Seasonal Fruit/Vegetabl e Bread 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>Vegetarian Tortellini Navy Beans</b> I	<b>Chicken Salad</b> Shredded Chicken <u>Meat Alt.:</u> Pimento Cheese I	<b>Cowboy Stew</b> Ground Beef <u>Meat Alt.:</u> Vegetable Stew with Beans I	<b>Turkey Avocado Sub</b> Deli Turkey & Sliced Cheese <u>Meat Alt.:</u> Hummus I	<b>Vegetarian Black Bean Burger</b> 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 & FR Honeydew Melon A C	FZ Sliced Carrots & CN Pears 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:**  
05/19/2025  
06/30/2025  
08/11/2025  
09/22/2025

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

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