



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)	Vegetarian Pasta Primavera Parmesan Cheese & Cannellini Beans	Pineapple Chicken Rice Bowls Chicken <u>Meat Alt.:</u> Pasta Primavera	Hamburgers Ground Beef Patties <u>Meat Alt.:</u> Black Bean Burger	Turkey Noodle Soup Ground Turkey <u>Meat Alt.:</u> Yogurt & Plain Noodles	Vegetarian Creole Red Beans & Rice Red Beans	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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USDA is an equal opportunity provider and employer.

C=Vitamin C A=Vitamin A I=Iron

WG=Whole Grain

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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:
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)	Vegetarian Spring Minestrone Soup CN Chickpeas and Parmesan Cheese	Grilled Chicken Chicken Breast <u>Meat Alt.:</u> Minestrone Soup	Beef Sloppy Joe Ground Beef <u>Meat Alt.:</u> Vegetarian Burger	Turkey & Cheese Roll-Up Deli Turkey Sliced Cheese <u>Meat Alt.:</u> Hummus	Vegetarian 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 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)	White Chili CN Cannellini Beans & Monterey Jack Cheese	BBQ Chicken Sandwich Shredded Chicken <u>Meat Alt.:</u> Vegetarian Sandwich	Beef & Broccoli Stir- Fry Beef <u>Meat Alt.:</u> Vegetable Chili	Turkey Tetrazinni Ground Turkey <u>Meat Alt.:</u> Yogurt & Plain Noodles	Vegetarian Bean & Cheese Burrito 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		Black Bean & Corn Salsa		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)	Vegetarian 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 Vegetarian 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)	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)	Vegetarian 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	Vegetarian 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 & 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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Becky Gates Children's Center

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	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
	I	I	I	I	I
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</u> <u>Alt.:</u> Pinto Bean Taco	Turkey Burger Ground Turkey <u>Meat Alt.:</u> Black Bean Burger	Vegetarian 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
	I	I	I	I	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
Grains/Bread (1/2 slice) OR Fruit/Veg (1/2c)	WG Cinnamon Raisin Bread	WG Goldfish Cracker	WG Cracker	FR Bananas	WG Graham Cracker
	I	I	I		I

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