



TEXAS A&M UNIVERSITY
**Charlotte Sharp
 Children's Center**

WEEKS:
 10/16/2023
 10/30/2023
 11/13/2023
 11/27/2023
 12/11/2023

Children's Center Menu - Seasonal Spring/Summer - Week 1

AM SNACK*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid Milk/Water (1/2c)	Milk	Water	Milk	Water	Milk
Protein (1/2oz or 1/4c)		Yogurt		Sunbutter	
Grains/Bread (1/2 slice) OR Fruit/Veg (1/2c)	WG Cereal	WG Granola	WG Muffin	WG Bagel	WG Cereal

PM SNACK*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid Milk/Water (1/2c)	Water	Milk	Water	Milk	Water
Protein (1/2oz or 1/4c)	Cheese Stick		Hummus		Cottage Cheese
Grains/Bread (1/2 slice) OR Fruit/Veg (1/2c)	FR Apples C	WG Goldfish Cracker	WG Pita	WG Graham Cracker	FR Bananas C

Children ages 2 and up are provided 1% milk. Water is available at all meals and snacks; no juice is served. Substitutions will be made with doctor approval for allergies. Alternative milk 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



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WEEKS:
 10/23/2023
 11/6/2023
 11/20/2023
 12/4/2023
 12/18/2023

Children's Center Menu - Seasonal Spring/Summer - Week 2

AM SNACK*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid Milk/Water (1/2c)	Milk	Water	Milk	Water	Milk
Protein (1/2oz or 1/4c)		Cottage Cheese		Yogurt	
Grains/Bread (1/2 slice) OR Fruit/Veg (1/2c)	WG Cereal I	Canned Fruit C	WG Muffin I	FZ Berries C	WG Cereal

PM SNACK*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid Milk/Water (1/2c)	Water	Milk	Water	Milk	Water
Protein (1/2oz or 1/4c)	Roasted Edamame I		Bean Dip I		Cheese Cubes
Grains/Bread (1/2 slice) OR Fruit/Veg (1/2c)	Small Oranges C	WG Mix with Dried Fruit I	WG Tortilla I	WG Cracker I	Petite Carrot Sticks

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