

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Whole Grain Cereal	Homemade Whole	Whole Grain Toast with	Whole Grain Cereal	Homemade Whole
	Milk and Pears	Grain Blueberry Loaf	Butter	Milk and Banana	Grain Waffles
		Milk and Apples	Milk and Strawberries		Milk and Blueberries
Infant Substitution	Skin off Pears	Skin off Apples			
Vegetarian Option					
Lunch	Whole Grain Spaghetti	Shake and Bake	Baked Salmon in a Dill	Vegetarian Lasagna	Lightly Breaded Baked
	with Turkey Bolognese	Chicken Drumsticks,	Sauce with Couscous	with Whole Grain	Chicken Strips with
	Sauce and Steamed	Brown Rice with	and Steamed Broccoli	Noodles, Vegetables,	Quinoa and Steamed
	Carrot Coins	Steamed Green Peas	Milk and Watermelon	Cheese and Spinach and	Corn Niblets
	Milk and Cantaloupe	Milk and Bananas		Dinner Rolls	Milk and Pineapple
				Milk and Honeydew	
Infant Substitution		Chicken off the Bone			Blueberries
Vegetarian Option	Vegetarian "Meat"	Shake and Bake Tofu	Roasted Chickpeas		Lightly Breaded Tofu
	Bolognese				Cubes
P.M. Snack	Homemade Healthy Bars	2% Plain Yogurt with	Homemade Whole	Whole Grain Crackers	Whole Grain Pita with
	with Fruit and Oats	Sunflower, Oats,	Grain Zucchini Bread	and Mozzarella Cheese	Soy Nut Butter and
	Water	Pumpkin, Chia, Flax	with Applesauce	Cubes	Banana
		Seed Granola and	Water	Water	Water
		Blueberries			
		Water			
Infant Substitution		Soft Oat Granola			
Vegetarian Option					

- \circ Little Scholars provides a nut free, pork free, beef free and shell fish free menu
- o Fruit is subject to seasonal availability
- Water is offered at every meal and available throughout the day
- Whole milk 3.25% is served to 6 -18 mon. olds and skim milk 2% to 18 mon. 5 yrs. old
- o Menu has been approved by registered dietitian and is specifically designed for Little Scholars and is not to be shared with other facilities
- o Substitutions can be made to accommodate Vegan, Dairy free, Gluten free and Vegetarian diets



CHILD CARE	3.5	T 1	****	701 1	CHILD CARE
	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Whole Grain Cereal	2% Plain Yogurt with	Whole Grain Toast with	Whole Grain Cereal	Homemade Whole Grain
	Milk and Apples	Sunflower, Oats,	Butter	Milk and Bananas	Banana Bread
		Pumpkin, Chia and	Milk and Pear		Milk and Blueberries
		Flax Seed Granola			
		Milk and Strawberries			
Infant Substitution	Skin off Apples	Soft Oat Granola	Skin off Pears		
Vegetarian Option					
Lunch	Honey Garlic Baked	Whole Grain Penne	Lightly Seasoned Baked	Baked BBQ Chicken	Whole Wheat Pita
	Chicken Thighs with	Pasta with Tofu	Tilapia with Garlic	Drumsticks and	Quesadilla with Baked
	Brown Rice and	Bolognese and Leafy	Bread with Steamed	Macaroni Salad with	Chicken Strips, Mixed
	Steamed Corn Niblets	Green Salad with	Green Peas	Grated Vegetables	Peppers and Cheese and
	Milk and Banana	Vinaigrette	Milk and Banana	Milk and Cantaloupe	Mexican Rice
		Milk and Honeydew			Milk and Watermelon
Infant Substitution	Chicken off the Bone	Quartered Cherry		Chicken off the Bones	
		Tomatoes			
Vegetarian Option	Honey Garlic Tofu		Lightly Seasoned Tofu	Baked BBQ Tofu	BBQ Tofu Strips
P.M. Snack	Whole Grain Crackers	Homemade Whole	Homemade Granola	Homemade Oatmeal	Homemade Strawberry and
	with Mozzarella Cheese	Grain Tortilla Chips	Bars with Applesauce	Raisin Loaf with	Cheese filled Croissants
	Cubes	with Salsa	Water	Mozzarella Cheese	Water
	Water	Water		Cubes	
				Water	
Infant Substitution					
Vegetarian Option					

- o Little Scholars provides a nut free, pork free, beef free and shell fish free menu
- o Fruit is subject to seasonal availability
- o Water is offered at every meal and available throughout the day
- \circ Whole milk 3.25% is served to 6 -18 mon. olds and skim milk 2% to 18 mon. 5 yrs. old
- o Menu has been approved by registered dietitian and is specifically designed for Little Scholars and is not to be shared with other facilities
- o Substitutions can be made to accommodate Vegan, Dairy free, Gluten free and Vegetarian diets



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Whole Grain Cereal Milk and Pears	Homemade Whole Grain Blueberry Loaf Milk and Apples	Whole Grain Toast with Butter Milk and Strawberries	Whole Grain Cereal Milk and Banana	Whole Grain Waffles Milk and Blueberries
Infant Substitution	Skin off Pears	Skin off Apples			
Vegetarian Option					
Lunch	Curried Chickpeas with Brown Rice and Steamed Green Beans Milk and Watermelon	Whole Grain Macaroni and Cheese with Tuna Fish Chunks and Steamed Green Peas Milk and Banana	Rice Pilaf with Ground Turkey and Vegetables and Garlic Bread Milk and Honeydew	Cheese Tortellini in a Rose Sauce with Ground Turkey and Cream Sauce and Steamed Broccoli Milk and Banana	Baked Lean Turkey Burger with Whole Grain Bun and Corn on the Cob Milk and Pineapple
Infant Substitution					Blueberries
Vegetarian Option		Cubed Seasoned Tofu	Vegetarian "Meat"	Vegetarian "Meat"	Vegetarian Burger
P.M. Snack	Homemade Healthy Bars with Fruit and Oats Water	2% Plain Yogurt with Sunflower, Oats, Pumpkin, Chia, Flax Seed Granola and Blueberries Water	Whole Grain Tortilla with Hummus Water	Whole Grain Crackers and Mozzarella Cheese Cubes Water	Whole Grain Pitas with Soy Nut Butter and Banana Water
Infant Substitution		Soft Oat Granola			
Vegetarian Option					

- o Little Scholars provides a nut free, pork free, beef free and shell fish free menu
- o Fruit is subject to seasonal availability
- o Water is offered at every meal and available throughout the day
- \circ Whole milk 3.25% is served to 6 -18 mon. olds and skim milk 2% to 18 mon. 5 yrs. old
- o Menu has been approved by registered dietitian and is specifically designed for Little Scholars and is not to be shared with other facilities
- o Substitutions can be made to accommodate Vegan, Dairy free, Gluten free and Vegetarian diets



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Whole Grain Cereal	2% Plain Yogurt with	Whole Grain Toast	Whole Grain Cereal	Homemade Whole
	Milk and Apples	Sunflower, Oats,	with Butter	Milk and Bananas	Grain Banana Bread
		Pumpkin, Chia and Flax	Milk and Pear		Milk and Strawberries
		Seed Granola			
		Milk and Blueberries			
Infant Substitution	Skin off Apples	Soft Oat Granola	Skin off Pears		
Vegetarian Option					
Lunch	Baked Chicken Strips	Hand Crafted Chicken	Lightly Breaded and	Stir Fried Chow Main	Baked Chicken
	with Whole Grain	Nugget Bites and	Baked Tilapia in a	Noodles with Bok	Drumstick with a Mild
	Fettuccini, Alfredo	Couscous Salad with	Lemon Sauce with	Choy, Peppers, Tofu	Curry Sauce with
	Sauce and Steamed	Chickpeas, Feta Cheese,	Brown Rice and	and Mushrooms	Quinoa and Green Peas
	Broccoli	Mixed Vegetables	Steamed Corn Niblets	Milk and Banana	Milk and Pineapple
	Milk and Honeydew	Milk and Bananas	Milk and Cantaloupe	Will allu Ballalla	
Infant Substitution					Blueberries
Vegetarian Option	Baked Tofu Strips	Tofu Nuggets	Roasted Chickpeas		Baked Tofu Strips
P.M. Snack	Whole Grain Crackers	Homemade Whole Grain	Homemade Granola	Homemade Oatmeal	Homemade Strawberry
	with Mozzarella	Tortilla Chips with Salsa	Bars with Applesauce	Raisin Loaf with	and Cheese filled
	Cheese Cubes	Water	Water	Mozzarella Cheese	Croissants
	Water			Cubes	Water
				Water	
Infant Substitution					
Vegetarian Option					

- o Little Scholars provides a nut free, pork free, beef free and shell fish free menu
- o Fruit is subject to seasonal availability
- O Water is offered at every meal and available throughout the day
- Whole milk 3.25% is served to 6 -18 mon. olds and skim milk 2% to 18 mon. 5 yrs. old
- o Menu has been approved by registered dietitian and is specifically designed for Little Scholars and is not to be shared with other facilities
- O Substitutions can be made to accommodate Vegan, Dairy free, Gluten free and Vegetarian diets



Little Scholars Fall and Winter Menu 2021-2022



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Whole Grain Cereal	Whole Grain Toast	Homemade Whole	Whole Grain Cereal	Homemade Oatmeal
	Milk and Bananas	with Soy Nut Butter	Grain Waffles	Milk and Strawberries	Milk and Apples
		Milk and Pears	Milk and Blueberries		
Infant Substitution		Skin off Pears			Skin off Apples
Vegetarian Option					
Lunch	Whole Grain Noodle Soup with Cubed and Seasoned Chicken, Noodles and Mixed Vegetables with Saltine Crackers Milk and Cantaloupe	Whole Grain Spaghetti with Tofu Bolognese Sauce and Garden Salad Milk and Oranges	Herb Crusted Baked Salmon with Couscous and Steamed Green Peas Milk and Banana	Mexican Bean Casserole with Brown Rice and Steamed Corn Niblets Milk and Banana	Shake and Bake Chicken Drumsticks with Quinoa and Steamed Carrot Coins and Green Beans Milk and Melon
Infant Substitution	1	Blueberries			Chicken off the Bone
Vegetarian Option	Seasoned Tofu		Quinoa and Bean "Meat" Balls		Shake and Bake Tofu
P.M. Snack	Homemade Lemon Yogurt Loaf with Strawberries Water	Whole Grain Pita with Hummus Water	Homemade Banana Bread with Applesauce Water	Whole Grain Tortilla with Salsa Water	Homemade Brownie with Blueberries and 2% Plain Yogurt
Infant Substitution					

- o Little Scholars provides a nut free, pork free, beef free and shell fish free menu
- o Fruit is subject to seasonal availability

Vegetarian Option

- O Water is offered at every meal and available throughout the day
- Whole milk 3.25% is served to 6 -18 mon. olds and skim milk 2% to 18 mon. 5 yrs. old
- o Menu has been approved by registered dietitian and is specifically designed for Little Scholars and is not to be shared with other facilities
- O Substitutions can be made to accommodate Vegan, Dairy free, Gluten free and Vegetarian diets



Little Scholars Fall and Winter Menu 2021-2022 Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Whole Grain Cereal	Whole Grain Toast with	2% Plain Yogurt with	Whole Grain Cereal	Whole Grain Pita
	Milk and Bananas	Butter	Sunflower, Oats,	Milk and Blueberries	Bread with Soy Nut
		Milk and Apples	Pumpkin, Chia and		Butter
			Flax Seed Granola		Milk and Pears
			Milk and Strawberries		
Infant Substitution		Skin off Apples	Soft Oat Granola		Skin off Pears
Vegetarian Option					
Lunch	Herb Crusted Baked	Creamy Chicken and	Curried Chickpeas	Honey Garlic Baked	Chicken Barley Soup
	Tilapia with Couscous	Spinach Pasta with	with Brown Rice and	Chicken Thighs with	with Mixed
	and Steamed Broccoli	Garden Salad	Steamed Green Peas	Quinoa and Carrot Coins	Vegetables and Whole
	Milk and Oranges	Milk and Cantaloupe	Milk and Bananas	and Green Beans	Grain Garlic Bread
				Milk and Melon	Milk and Orange
Infant Substitution	Blueberries			Chicken off the Bone	Blueberries
Vegetarian Option	Falafel	Seasoned Tofu		Quinoa and Bean "Meat"	Seasoned Tofu
				Balls	
P.M. Snack	Whole Grain Crackers	Homemade Apple	Homemade Whole	Homemade Cereal Mix	Homemade Zucchini
	and Mozzarella Cheese	Cinnamon Loaf with 2%	Grain Tortilla Chips	with Dried Fruit and	Bread with
	Water	Plain Yogurt	with Salsa	Bananas	Applesauce
		Water	Water	Water	Water
Infant Substitution					
Vegetarian Option					

- Little Scholars provides a nut free, pork free, beef free and shell fish free menu
- o Fruit is subject to seasonal availability
- O Water is offered at every meal and available throughout the day
- \circ Whole milk 3.25% is served to 6 -18 mon. olds and skim milk 2% to 18 mon. 5 yrs. old
- o Menu has been approved by registered dietitian and is specifically designed for Little Scholars and is not to be shared with other facilities
- o Substitutions can be made to accommodate Vegan, Dairy free, Gluten free and Vegetarian diets



Little Scholars Fall and Winter Menu 2021-2022 Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Whole Grain Cereal	Whole Grain Toast	Homemade Waffles	Whole Grain Cereal Milk	Homemade Oatmeal
	Milk and Bananas	with Soy Nut Butter	Milk and Blueberries	and Strawberries	Milk and Apples
		Milk and Pears			
Infant Substitution		Skin off Pears			Skin off Apples
Vegetarian Option					
Lunch	Homestyle Chicken	Lasagna with Whole	Stir Fried Chow Main	Baked Chicken Drumstick	Lightly Seasoned
	Stew with Mixed	Grain Noodles,	Noodles with Bok Choy,	with a Mild Curry Sauce	Baked Tilapia with
	Vegetables and	Ground Turkey,	Peppers, Tofu and	with Quinoa and Steamed	Couscous and Steamed
	Buttered Dinner Rolls	Spinach and Cheese	Mushrooms	Corn Niblets	Broccoli
	Milk and Cantaloupe	Milk and Oranges	Milk and Banana	Milk and Melon	Milk and Banana
Infant Substitution		Blueberries		Chicken off the Bone	
Vegetarian Option	Seasoned Tofu	Vegetarian Lasagna		Curried Tofu	Falafel
P.M. Snack	Homemade Lemon	Whole Grain Pita with	Homemade Banana	Whole Grain Tortilla with	Homemade Brownie
	Yogurt Loaf with	Hummus	Bread with Applesauce	Salsa	with Blueberries and
	Strawberries	Water	Water	Water	2% Plain Yogurt
	Water				_
Infant Substitution					
Vegetarian Option					

- O Little Scholars provides a nut free, pork free, beef free and shell fish free menu
- o Fruit is subject to seasonal availability
- O Water is offered at every meal and available throughout the day
- \circ Whole milk 3.25% is served to 6 -18 mon. olds and skim milk 2% to 18 mon. 5 yrs. old
- o Menu has been approved by registered dietitian and is specifically designed for Little Scholars and is not to be shared with other facilities
- o Substitutions can be made to accommodate Vegan, Dairy free, Gluten free and Vegetarian diets



Little Scholars Fall and Winter Menu 2021-2022 Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Whole Grain Cereal	Whole Grain Toast with	2% Plain Yogurt with	Whole Grain Cereal	Whole Grain Pita Bread
	Milk and Bananas	Butter	Sunflower, Oats,	Milk and Blueberries	with Soy Nut Butter
		Milk and Apples	Pumpkin, Chia and		Milk and Pear
			Flax Seed Granola		
			Milk and Strawberries		
Infant Substitution		Skin off Apples	Soft Oat Granola		Skin off Pear
Vegetarian Option					
Lunch	Cheese Tortellini in a	Tomato, Basil	Greek Chicken with	Whole Grain Macaroni	Mild Jerk Chicken with
	Rose Sauce with Ground	Minestrone Soup with	Roasted Potatoes and	and Cheese with Tuna	Rice and Beans with
	Turkey and Steamed	Cheesy Garlic Bread	Parmesan Cauliflower	Fish Chunks and	Steamed Corn Niblets
	Carrot Coins and Green	Milk and Oranges	Milk and Melon	Steamed Green Peas	Milk and Oranges
	Beans			Milk and Bananas	
	Milk and Cantaloupe				
Infant Substitution		Blueberries			Blueberries
Vegetarian Option	Quinoa and Bean "Meat"		Seasoned Tofu	Quinoa and Bean	Mild Jerk Tofu
_	Balls			"Meat" Balls	
P.M. Snack	Whole Grain Crackers and	Homemade Apple	Homemade Whole	Homemade Cereal Mix	Homemade Zucchini
	Mozzarella Cheese	Cinnamon Loaf with 2%	Grain Tortilla Chips	with Dried Fruit and	Bread with Applesauce
	Water	Plain Yogurt	with Salsa	Bananas	Water
		Water	Water	Water	
Infant Substitution					
Vegetarian Option					

- O Little Scholars provides a nut free, pork free, beef free and shell fish free menu
- o Fruit is subject to seasonal availability
- Water is offered at every meal and available throughout the day
- \circ Whole milk 3.25% is served to 6 -18 mon. olds and skim milk 2% to 18 mon. -5 yrs. old
- o Menu has been approved by registered dietitian and is specifically designed for Little Scholars and is not to be shared with other facilities
- O Substitutions can also be made to accommodate Vegan, Dairy free, Gluten free and Vegetarian diets