



# Little Scholars Spring and Summer Menu 2021-2022

## Week 1



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

- Little Scholars provides a nut free, pork free, beef free and shell fish free menu
- 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
- Menu has been approved by registered dietitian and is specifically designed for Little Scholars and is not to be shared with other facilities
- Substitutions can be made to accommodate Vegan, Dairy free, Gluten free and Vegetarian diets



# Little Scholars Spring and Summer Menu 2021-2022

## Week 2



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

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# Little Scholars Spring and Summer Menu 2021-2022

## Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M. Snack</b>	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
<b>Infant Substitution</b>	Skin off Pears	Skin off Apples			
<b>Vegetarian Option</b>					
<b>Lunch</b>	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
<b>Infant Substitution</b>					Blueberries
<b>Vegetarian Option</b>		Cubed Seasoned Tofu	Vegetarian "Meat"	Vegetarian "Meat"	Vegetarian Burger
<b>P.M. Snack</b>	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
<b>Infant Substitution</b>		Soft Oat Granola			
<b>Vegetarian Option</b>					

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# Little Scholars Spring and Summer Menu 2021-2022

## Week 4



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

- Little Scholars provides a nut free, pork free, beef free and shell fish free menu
- 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
- Menu has been approved by registered dietitian and is specifically designed for Little Scholars and is not to be shared with other facilities
- Substitutions can be made to accommodate Vegan, Dairy free, Gluten free and Vegetarian diets



# Little Scholars Fall and Winter Menu 2021-2022

## Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M. Snack</b>	Whole Grain Cereal Milk and Bananas	Whole Grain Toast with Soy Nut Butter Milk and Pears	Homemade Whole Grain Waffles Milk and Blueberries	Whole Grain Cereal Milk and Strawberries	Homemade Oatmeal Milk and Apples
<b>Infant Substitution</b>		Skin off Pears			Skin off Apples
<b>Vegetarian Option</b>					
<b>Lunch</b>	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
<b>Infant Substitution</b>		Blueberries			Chicken off the Bone
<b>Vegetarian Option</b>	Seasoned Tofu		Quinoa and Bean “Meat” Balls		Shake and Bake Tofu
<b>P.M. Snack</b>	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
<b>Infant Substitution</b>					
<b>Vegetarian Option</b>					

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- 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
- Menu has been approved by registered dietitian and is specifically designed for Little Scholars and is not to be shared with other facilities
- 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
<b>A.M. Snack</b>	Whole Grain Cereal Milk and Bananas	Whole Grain Toast with Butter Milk and Apples	2% Plain Yogurt with Sunflower, Oats, Pumpkin, Chia and Flax Seed Granola Milk and Strawberries	Whole Grain Cereal Milk and Blueberries	Whole Grain Pita Bread with Soy Nut Butter Milk and Pears
<b>Infant Substitution</b>		Skin off Apples	Soft Oat Granola		Skin off Pears
<b>Vegetarian Option</b>					
<b>Lunch</b>	Herb Crusted Baked Tilapia with Couscous and Steamed Broccoli Milk and Oranges	Creamy Chicken and Spinach Pasta with Garden Salad Milk and Cantaloupe	Curried Chickpeas with Brown Rice and Steamed Green Peas Milk and Bananas	Honey Garlic Baked Chicken Thighs with Quinoa and Carrot Coins and Green Beans Milk and Melon	Chicken Barley Soup with Mixed Vegetables and Whole Grain Garlic Bread Milk and Orange
<b>Infant Substitution</b>	Blueberries			Chicken off the Bone	Blueberries
<b>Vegetarian Option</b>	Falafel	Seasoned Tofu		Quinoa and Bean “Meat” Balls	Seasoned Tofu
<b>P.M. Snack</b>	Whole Grain Crackers and Mozzarella Cheese Water	Homemade Apple Cinnamon Loaf with 2% Plain Yogurt Water	Homemade Whole Grain Tortilla Chips with Salsa Water	Homemade Cereal Mix with Dried Fruit and Bananas Water	Homemade Zucchini Bread with Applesauce Water
<b>Infant Substitution</b>					
<b>Vegetarian Option</b>					

- Little Scholars provides a nut free, pork free, beef free and shell fish free menu
- 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
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- 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
<b>A.M. Snack</b>	Whole Grain Cereal Milk and Bananas	Whole Grain Toast with Soy Nut Butter Milk and Pears	Homemade Waffles Milk and Blueberries	Whole Grain Cereal Milk and Strawberries	Homemade Oatmeal Milk and Apples
<b>Infant Substitution</b>		Skin off Pears			Skin off Apples
<b>Vegetarian Option</b>					
<b>Lunch</b>	Homestyle Chicken Stew with Mixed Vegetables and Buttered Dinner Rolls Milk and Cantaloupe	Lasagna with Whole Grain Noodles, Ground Turkey, Spinach and Cheese Milk and Oranges	Stir Fried Chow Main Noodles with Bok Choy, Peppers, Tofu and Mushrooms Milk and Banana	Baked Chicken Drumstick with a Mild Curry Sauce with Quinoa and Steamed Corn Niblets Milk and Melon	Lightly Seasoned Baked Tilapia with Couscous and Steamed Broccoli Milk and Banana
<b>Infant Substitution</b>		Blueberries		Chicken off the Bone	
<b>Vegetarian Option</b>	Seasoned Tofu	Vegetarian Lasagna		Curried Tofu	Falafel
<b>P.M. Snack</b>	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
<b>Infant Substitution</b>					
<b>Vegetarian Option</b>					

- Little Scholars provides a nut free, pork free, beef free and shell fish free menu
- Fruit is subject to seasonal availability
- Water is offered at every meal and available throughout the day
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# Little Scholars Fall and Winter Menu 2021-2022

## Week 4



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

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- Menu has been approved by registered dietitian and is specifically designed for Little Scholars and is not to be shared with other facilities
- Substitutions can also be made to accommodate Vegan, Dairy free, Gluten free and Vegetarian diets