



Little Scholars Fall and Winter Menu 2024-2025

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Whole Grain Cereal Milk and Blueberries	Whole Grain Toast with Butter Milk and Apples	Whole Grain Cereal Milk and Banana	2% Plain Yogurt with Homemade Granola Milk and Strawberries	Whole Grain Tortilla with Soy Nut Butter Milk and Pears
Infant Substitution		Skin off Apples			Skin off Pears
Vegetarian Option					
Lunch	Whole Grain Noodle Soup with Cubed and Seasoned Chicken, Noodles and Mixed Vegetables with Saltine Crackers Milk and Banana	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 Cantaloupe	Shake and Bake Chicken Drumsticks with Quinoa and Steamed Green Beans Milk and Banana	Mexican Bean Casserole with Brown Rice and Steamed Corn Niblets Milk and Apples
Infant Substitution		Cucumber and Blueberries		Chicken off the Bone	Skin off Apples
Vegetarian Option	Seasoned Tofu		Falafel	Shake and Bake Tofu	
P.M. Snack	Whole Grain Pita with Hummus Water	Homemade Lemon Yogurt Loaf with Strawberries Water	Homemade Banana Bread with Applesauce Water	Whole Grain Tortilla with Salsa Water	Homemade Black Bean Brownie with Blueberries Water
Infant Substitution					
Vegetarian Option					

- 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 month olds and skim milk 2% to 18 months – 5 years 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, Halal, Gluten free and Vegetarian diets



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Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Whole Grain Cereal Milk and Blueberries	Whole Grain Toast with Butter Milk and Apples	Whole Grain Cereal Milk and Banana	2% Plain Yogurt with Homemade Granola Milk and Strawberries	Whole Grain Tortilla with Soy Nut Butter Milk and Pears
Infant Substitution		Skin off Apples			Skin off Pears
Vegetarian Option					
Lunch	Creamy Chicken and Spinach Pasta with Garden Salad Milk and Banana	Baked Tilapia with Couscous and Steamed Broccoli Milk and Oranges	Curried Chickpeas with Brown Rice and Steamed Green Peas Milk and Cantaloupe	Honey Garlic Baked Chicken Thighs with Quinoa and Steamed Carrot Coins Milk and Apples	Chicken Barley Soup with Mixed Vegetables and Whole Grain Garlic Bread Milk and Pineapple
Infant Substitution	Cucumbers	Blueberries		Chicken off the Bone and Skin off Apples	Blueberries
Vegetarian Option	Breaded Veggie Nuggets	Falafel		Veggie “Meat” Balls	Seasoned Tofu
P.M. Snack	Whole Grain Crackers and Mozzarella Cheese Water	Homemade Apple Cinnamon Loaf with Strawberries Water	Homemade Pumpkin Bread with Applesauce Water	Homemade Whole Grain Garlic Pita with Salsa Water	Homemade Cereal Mix with Dried Fruit and Bananas Water
Infant Substitution					
Vegetarian Option					

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Week 3



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

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Week 4



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A.M. Snack	Whole Grain Cereal Milk and Blueberries	Whole Grain Toast with Butter Milk and Apples	Whole Grain Cereal Milk and Banana	2% Plain Yogurt with Homemade Granola Milk and Strawberries	Whole Grain Tortilla with Soy Nut Butter Milk and Pears
Infant Substitution		Skin off Apples			Skin off Pears
Vegetarian Option					
Lunch	Cheese Tortellini in a Rose Sauce with Ground Turkey and Steamed Corn Niblets Milk and Banana	Tomato, Basil Minestrone Soup with Cheesy Garlic Bread Milk and Oranges	Greek Chicken with Roasted Potatoes and Garden Salad Milk and Pear	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 Pineapple
Infant Substitution		Blueberries	Cucumber and Skin off Pear		Blueberries
Vegetarian Option	Veggie “Meat” Balls		Seasoned Tofu	Breaded Veggie Nuggets	Mild Jerk Tofu
P.M. Snack	Whole Grain Crackers and Mozzarella Cheese Water	Homemade Apple Cinnamon Loaf with Strawberries Water	Homemade Whole Grain Garlic Pita with Salsa Water	Homemade Pumpkin Bread with Applesauce Water	Homemade Cereal Mix with Dried Fruit and Bananas Water
Infant Substitution					
Vegetarian Option					

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