



# Little Scholars Spring and Summer Menu 2024

## Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M. Snack</b>	Whole Grain Cereal Milk and Pears	Homemade Oatmeal Milk and Apples	Whole Grain Toast with Soy Nut Butter Milk and Strawberries	Whole Grain Cereal Milk and Blueberries	Homemade Whole Grain Waffles Milk and Banana
<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	Baked Salmon with a Homemade Dill Sauce with Couscous and Steamed Broccoli Milk and Watermelon	Shake and Bake Chicken Drumsticks with Quinoa and Corn Niblets Milk and Honeydew	Vegetarian Lasagna with Whole Grain Noodles, Vegetables, Cheese and Spinach Milk and Banana	Asian Chicken Stir Fry with Mixed Vegetables and Brown Rice Milk and Pineapple
<b>Infant Substitution</b>			Chicken off the Bone		Blueberries
<b>Vegetarian Option</b>	Tofu Bolognese	Veggie "Meatballs"	Veggie "Nuggets"		Tofu Cubes
<b>P.M. Snack</b>	Whole Wheat Crackers and Cucumbers with French Onion Dip Water	Homemade Whole Grain Blueberry Loaf Banana and Water	Homemade Whole Grain Banana Bread Oranges and Water	Whole Grain Crackers and Mozzarella Cheese Cubes Water	Homemade Whole Grain Pumpkin Loaf 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 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



# Little Scholars Spring and Summer Menu 2024

## Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M. Snack</b>	Whole Grain Cereal Milk and Apples	2% Plain Yogurt with Homemade Granola Milk and Strawberries	Whole Grain Toast with Butter Milk and Pear	Whole Grain Cereal Milk and Bananas	Whole Grain Tortilla with Soy Nut Butter Milk and Banana
<b>Infant Substitution</b>	Skin off Apples		Skin off Pears		
<b>Vegetarian Option</b>					
<b>Lunch</b>	Whole Grain Penne Pasta with Turkey Bolognese and Leafy Green Salad with Homemade Vinaigrette Milk and Honeydew	Mexican Black Bean and Corn Quinoa Salad with Feta Cheese and Whole Wheat Tortilla Triangles Milk and Banana	Lightly Seasoned Baked Tilapia with Whole Wheat Garlic Bread and Steamed Carrot Coins Milk and Banana	Baked BBQ Chicken Drumsticks and Homemade Macaroni Salad with Mixed Vegetables Milk and Cantaloupe	Lightly Seasoned Chicken Zucchini Rice Casserole with Mixed Peppers Milk and Pineapples
<b>Infant Substitution</b>	Cucumber			Chicken off the Bone	Blueberries
<b>Vegetarian Option</b>	Tofu Bolognese		Falafel	Veggie "Nuggets"	Tofu Strips
<b>P.M. Snack</b>	Whole Grain Crackers with Mozzarella Cheese Cubes Water	Homemade British Victoria Loaf with Fresh Strawberry and Cream Filling Water	Applesauce with Homemade Granola and Blueberries Water	Homemade Whole Grain Pita Chips with Salsa Water	Homemade Cereal Mix with Dried Fruit and Watermelon Water
<b>Infant Substitution</b>					
<b>Vegetarian Option</b>					

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## Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M. Snack</b>	Whole Grain Cereal Milk and Pears	Homemade Oatmeal Milk and Apples	Whole Grain Toast with Soy Nut Butter Milk and Strawberries	Whole Grain Cereal Milk and Blueberries	Homemade Whole Grain Waffles Milk and Banana
<b>Infant Substitution</b>	Skin off Pears	Skin off Apples			
<b>Vegetarian Option</b>					
<b>Lunch</b>	Curried Chickpeas with Rice and Steamed Broccoli Milk and Watermelon	Whole Grain Macaroni and Cheese with Tuna Fish Chunks and Steamed Green Peas Milk and Banana	Homemade Turkey Chili with Mixed Vegetables and Whole Wheat Garlic Bread Milk and Honeydew	Cheese Tortellini in a Rose Sauce with Ground Turkey and Steamed Carrot Coins Milk and Cantaloupe	Italian Chicken, Pepper and Quinoa Salad Milk and Pineapple
<b>Infant Substitution</b>					Blueberries
<b>Vegetarian Option</b>		Falafel	Tofu	Tofu	Veggie "Meatballs"
<b>P.M. Snack</b>	Whole Wheat Crackers and Cucumbers with French Onion Dip Water	Homemade Whole Grain Blueberry Loaf Banana and Water	Homemade Whole Grain Banana Bread Oranges and Water	Whole Grain Crackers and Mozzarella Cheese Cubes Water	Homemade Whole Grain Pumpkin Loaf with Applesauce Water
<b>Infant Substitution</b>		Strawberries			
<b>Vegetarian Option</b>					

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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M. Snack</b>	Whole Grain Cereal Milk and Apples	2% Plain Yogurt with Homemade Granola Milk and Strawberries	Whole Grain Toast with Butter Milk and Pear	Whole Grain Cereal Milk and Bananas	Whole Grain Tortilla with Soy Nut Butter Milk and Banana
<b>Infant Substitution</b>	Skin off Apples		Skin off Pears		
<b>Vegetarian Option</b>					
<b>Lunch</b>	Lemon Chicken with Roasted Parmesan Potatoes and Steamed Broccoli Milk and Honeydew	Hand Crafted Chicken Nugget Bites and Couscous Salad with Chickpeas, Feta Cheese and Mixed Vegetables Milk and Bananas	Lightly Breaded and Baked Tilapia in a Citrus Sauce with Brown Rice and Steamed Carrot Coins Milk and Cantaloupe	Asian Stir-Fried Chow Mein Noodles with Bok Choy, Peppers, Tofu and Mushrooms Milk and Pineapple	Baked Chicken Drumsticks with a Homemade Mild Jerk Sauce with Quinoa and Garden Salad Milk and Watermelon
<b>Infant Substitution</b>				Blueberries	Chicken off the Bone and Cucumber
<b>Vegetarian Option</b>	Falafel	Veggie “Nuggets”	Breaded Tofu		Veggie “Meatballs”
<b>P.M. Snack</b>	Whole Grain Crackers with Mozzarella Cheese Cubes Water	Homemade British Victoria Loaf with Fresh Strawberry and Cream Filling Water	Applesauce with Homemade Granola and Blueberries Water	Homemade Whole Grain Pita Chips with Salsa Water	Homemade Cereal Mix with Dried Fruit and Apples Water
<b>Infant Substitution</b>					Skin off Apples
<b>Vegetarian Option</b>					

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