



Little Scholars Spring and Summer Menu 2018

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Whole Grain Cereal Milk and Bananas	Whole Grain Blueberry Muffins Milk and Oranges	Baked Mini Egg Quiches with Sweet Peppers Milk and Strawberries	Whole Grain Croissants Milk and Apples	Whole Grain Waffles Milk and Blueberries
Infant Substitution		Raspberries		Cooked Skin off Apples	Halved Blueberries
Vegetarian Option			Whole Grain Toast and Soy Nut Butter		
Lunch	Whole Grain Spaghetti with Baked Lean Turkey Meatballs and Tomato Sauce with Steamed Carrot Coins Milk and Cantaloupe	Shake and Bake Chicken Drumsticks with Brown Rice and Sweet Potato Fries Milk and Honeydew	Baked Salmon in a Dill Sauce with Couscous and Steamed Broccoli Milk and Peaches	Vegetarian Lasagna with Whole Grain Noodles, Vegetables and Cheese with Spinach Salad and Vinaigrette Milk and Kiwi	Lightly Breaded Baked Chicken Strips with Quinoa and Steamed Mixed Vegetables Milk and Plums
Infant Substitution		Chicken off the Bone	Skin off Peaches	Cucumber Slices	Skin off Plums
Vegetarian Option	Roasted Edamame	Shake and Bake Tofu	Roasted Chickpeas		Lightly Seasoned Tofu Cubes
P.M. Snack	2% Plain Yogurt with Cinnamon Oat Topping Water	Mini Chocolate Chip Cookies, Fruit Salad and Mozzarella Cheese Cubes Water	Assorted Vegetables and Greek Yogurt Dip Water	Whole Grain Crackers and Mozzarella Cheese Water	Mini Whole Grain Pitas with Soy Nut Butter Water
Infant Substitution			Steamed Baby Carrots		Bananas
Vegetarian Option					

- Little Scholars provides a nut free, pork 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. – 6 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 Dairy free, Gluten free , Vegetarian and Halal diets



Little Scholars Spring and Summer Menu 2018

Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Whole Grain Raisin Toast with Cream Cheese Milk and Bananas	2% Plain Yogurt with Sunflower, Oats, Pumpkin, Chia and Flax Seed Granola Milk and Blueberries	Baked Egg Omelette with Mozzarella Cheese and Spinach Milk and Strawberries	Whole Grain Cereal Milk and Oranges	Whole Grain English Muffin with Butter Milk and Apples
Infant Substitution	Whole Grain Toast	Halved Blueberries and no Granola		Raspberries	Cooked Skin off Apples
Vegetarian Option			Whole Grain Toast and Soy Nut Butter		
Lunch	Lightly Seasoned Baked Tilapia with Steamed Green Peas and Garlic Bread Milk and Kiwi	Whole Grain Penne Pasta with Tofu Bolognese and Mixed Greens Salad with Vinaigrette Milk and Honeydew	Baked Turkey Sausage with Cheese and Potato Perogies with Coleslaw Milk and Peaches	Baked BBQ Chicken Drumsticks with Couscous and Corn on the Cob Milk and Cantaloupe	Lightly Seasoned Flaked Tuna in Whole Grain Pitas with Lettuce, Tomatoes Mayonnaise and Cheese Milk and Pears
Infant Substitution		Quartered Cherry Tomatoes	Cucumber Slices Skin off Peaches	Chicken off the Bone and Corn Niblets	Skin off Pears
Vegetarian Option	Baked Lentil and Bean Cakes		Vegetarian Sausage	BBQ Tofu Strips	Mixed Bean Wrap
P.M. Snack	Mini Made Good Fruit Granola Bars with Applesauce Water	Whole Grain Bread Sticks with Guacamole Water	Assorted Vegetables and Greek Yogurt Dip Water	Fruit Parfait with 2% Plain Yogurt Water	Mini Oatmeal Cookies with Mozzarella Cheese and Banana Water
Infant Substitution	Soft Granola Bars	Soft Bread Sticks	Steamed Baby Carrots		
Vegetarian Option					

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Little Scholars Spring and Summer Menu 2018

Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Whole Grain Cereal Milk and Bananas	Whole Grain Waffles Milk and Blueberries	Baked Mini Egg Quiche with Sweet Peppers Milk and Apples	Whole Grain Blueberry Muffins Milk and Strawberries	Whole Grain Croissants Milk and Oranges
Infant Substitution		Halved Blueberries	Cooked Skin off Apples		Raspberries
Vegetarian Option			Whole Grain Toast and Soy Nut Butter		
Lunch	Bean Burrito with Mixed Beans and a Tomato Based Sauce in a Whole Grain Pita with Tomato and Cucumber Salad Milk and Kiwi	Whole Grain Macaroni and Cheese with Tuna Fish Chunks and Steamed Green Peas Milk and Honeydew	Whole Grain Pizza with Pepperoni and Cheese with Mixed Greens Salad and Vinaigrette Milk and Peaches	Cheese Tortellini in a Rose Sauce with Baked Turkey Sausages and Steamed Carrot Coins Milk and Pears	Honey Garlic Baked Chicken Thighs with Brown Rice and Steamed Cauliflower Milk and Cantaloupe
Infant Substitution				Cucumber Slices Skin off Pears	Chicken off the Bone
Vegetarian Option		Cubed Seasoned Tofu	Vegetarian Pizza	Vegetarian Sausage	Roasted Chick Peas
P.M. Snack	Whole Grain Crackers and Mozzarella Cheese Water	Mini Whole Grain Pitas with Soy Nut Butter Water	2% Plain Yogurt with Cinnamon Oat Topping Water	Assorted Vegetables and Greek Yogurt Dip Water	Mini Chocolate Chip Cookies, Fruit Salad and Cheese Cubes Water
Infant Substitution				Steamed Baby Carrots	Bananas
Vegetarian Option					

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Little Scholars Spring and Summer Menu 2018

Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Whole Grain Raisin Toast with Cream Cheese Milk and Bananas	2% Plain Yogurt with Sunflower, Pumpkin, Chia and Flax Seed Granola Milk and Blueberries	Whole Grain English Muffin Milk and Apples	Whole Grain Cereal Milk and Oranges	Baked Egg Omelette with Mozzarella Cheese and Spinach Milk and Strawberries
Infant Substitution	Whole Grain Toast	Halved Blueberries and no Granola	Cooked Skin off Apples	Raspberries	
Vegetarian Option					Whole Grain Toast and Soy Nut Butter
Lunch	Baked Chicken Strips with Whole Grain Fettuccini and Alfredo Sauce and Steamed Broccoli Milk and Kiwi	Couscous Salad with Chick Peas, Feta Cheese, Mixed Vegetables and Tomato and Cucumber Salad and Garlic Toast Milk and Bananas	Lightly Breaded and Baked Sole in a Lemon Sauce with Brown Rice and Corn Niblets Milk and Plums	Baked Lean Turkey Burger with Whole Grain Bun and Coleslaw Milk and Cantaloupe	Baked Chicken Strips mixed with Sweet Peppers and Fajita Sauce in a Whole Grain Pita Milk and Peaches
Infant Substitution			Skin off Plums	Quartered Cherry Tomatoes	Skin off Peaches
Vegetarian Option	Baked Tofu Strips		Baked Lentil and Bean Cakes	Roasted Edamame	Black Bean Fajita
P.M. Snack	Made Good Fruit Granola Bars with Applesauce Water	Whole Grain Bread Sticks with Guacamole Water	Mini Oatmeal Cookies with Mozzarella Cheese and Banana Water	Fruit Parfait with 2% Plain Yogurt Water	Assorted Vegetables and Greek Yogurt Dip Water
Infant Substitution	Soft Granola Bars	Soft Bread Sticks			Steamed Baby Carrots
Vegetarian Option					

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Little Scholars Fall and Winter Menu 2018

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Whole Grain Bagel with Soy Nut Butter Milk and Bananas	Hard Boiled Eggs and Whole Grain Toast with Butter Milk and Grapes	Whole Grain Waffles Milk and Pears	Oatmeal Milk and Apples	Whole Grain Cereal Milk and Clementines
Infant Substitution	Whole Grain Toast	Quartered Grapes	Skin off Pears	Cooked Skin off Apples	Strawberries
Vegetarian Option		Whole Grain Toast With Soy Nut Butter			
Lunch	Whole Grain Noodle Soup with Cubed and Seasoned Tofu, Noodles and Mixed Vegetables with Saltine Crackers Milk and Apples	Whole Grain Spaghetti with Baked Lean Turkey Meatballs and Tomato Sauce and Steamed Cauliflower Milk and Grapes	Herb Crusted Baked Salmon with Couscous and Steamed Mixed Vegetables Milk and Oranges	Cheese Tortellini in a Rose Sauce with Turkey Sausages and Steamed Carrot Coins Milk and Pears	Shake and Bake Chicken Drumsticks with Brown Rice and Steamed Green Beans Milk and Clementines
Infant Substitution	Cooked Skin off Apples	Quartered Grapes	Bananas	Skin off Pears	Chicken off the Bone Steamed Green Peas
Vegetarian Option		Seasoned Tofu Balls	Roasted Chick Peas	Vegetarian Sausages	Shake and Bake Tofu
P.M. Snack	Whole Grain Banana Bread with Applesauce Water	Whole Grain Pita with Hummus Water	Whole Grain Brownie with Cucumber and 2% Plain Yogurt	Assorted Vegetables and Greek Yogurt Dip Water	Whole Grain Carrot Muffin with Banana Water
Infant Substitution				Steamed Baby Carrots	
Vegetarian Option					

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- Substitutions can be made to accommodate Dairy free, Gluten free , Vegetarian and Halal diets



Little Scholars Fall and Winter Menu 2018

Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	2% Plain Yogurt with Sunflower, Oats, Pumpkin, Chia and Flax seed Granola Milk and Bananas	Whole Grain English Muffin with Butter Milk and Pears	Baked Mini Egg Quiche with Sweet Peppers Milk and Clementine	Whole Grain Cereal Milk and Grapes	Whole Grain Pita Bread with Soy Nut Butter Milk and Bananas
Infant Substitution	No Granola	Whole Grain Toast Skin off Pears	Strawberries	Quartered Grapes	
Vegetarian Option			Whole Grain Toast and Soy Nut Butter		
Lunch	Baked Lean Turkey Burger with Whole Grain Bun and Tomato and Cucumber Salad Milk and Pears	Herb Crusted Baked Sole with Quinoa and Steamed Broccoli Milk and Apples	Lentil Soup with a Whole Grain Dinner Roll and Spinach Salad with a Vinaigrette Milk and Bananas	Honey Garlic Baked Chicken Thighs with Quinoa and Mashed Sweet Potato Milk and Honeydew	Curried Chick Peas with Brown Rice and Steamed Mixed Vegetables Milk and Clementine
Infant Substitution	Skin off Pears	Cooked Skin off Apples	Cucumber Slices	Chicken off the Bone	Strawberries
Vegetarian Option	Roasted Edamame	Baked Lentil and Bean Cakes		Honey Garlic Tofu	
P.M. Snack	Fruit Salad and Mozzarella Cheese Cubes Water	Whole Grain Loaf with Bruschetta Topping Water	Whole Grain Bran Muffin with Applesauce Water	Whole Grain Crackers and Mozzarella Cheese Water	Whole Grain Zucchini Bread with 2% Plain Yogurt Water
Infant Substitution	Cooked Skin off Apples	Soft Loaf		Digestive Crackers	
Vegetarian Option					

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Little Scholars Fall and Winter Menu 2018

Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Whole Grain Bagel with Soy Nut Butter Milk and Bananas	Whole Grain Cereal Milk and Oranges	Whole Grain Waffles Milk and Apples	Hard Boiled Eggs and Whole Grain Toast with Butter Milk and Pears	Oatmeal Milk and Clementine
Infant Substitution	Whole Grain Toast	Strawberries	Cooked Skin off Apples	Skin off Pears	Raspberries
Vegetarian Option				Whole Grain Toast With Soy Nut Butter	
Lunch	Whole Grain Baked Grilled Cheese Sandwiches and Tomato and Basil Soup Milk and Apples	Baked Glazed Lean Turkey Meatballs and Steamed Corn Niblets with Brown Rice Milk and Pears	Bean Chili with Mixed Beans and Vegetables in a Tomato Based Sauce with Garlic Bread Milk and Bananas	Baked Chicken Drumstick with a Mild Curry Sauce with Quinoa and Steamed Green Peas Milk and Bananas	Lightly Seasoned Baked Tilapia with Couscous and Steamed Corn Niblets Milk and Grapes
Infant Substitution	Cooked Skin off Apples	Skin off Pears			Quartered Grapes
Vegetarian Option		Glazed Tofu		Curried Beans	Roasted Chick Peas
P.M. Snack	Whole Grain Banana Bread with Applesauce Water	Whole Grain Pita with Hummus Water	Whole Grain Brownie with Cucumber and 2% Plain Yogurt Water	Assorted Vegetables and Greek Yogurt Dip Water	Whole Grain Carrot Muffin with Bananas Water
Infant Substitution				Steamed Baby Carrots	
Vegetarian Option					

- Little Scholars provides a nut free, pork free and shell fish free menu
- Fruit is subject to seasonal availability
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Little Scholars Fall and Winter Menu 2018

Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	2% Plain Yogurt with Sunflower, Oats, Pumpkin, Chia and Flax seed Granola Milk and Bananas	Whole Grain English Muffin with Butter Milk and Pears	Baked Mini Egg Quiche with Sweet Peppers Milk and Clementines	Whole Grain Cereal Milk and Oranges	Whole Grain Pita Bread with Soy Not Butter Milk and Bananas
Infant Substitution	No Granola	Whole Grain Toast Skin off Pears	Strawberries	Quartered Grapes	
Vegetarian Option			Whole Grain Toast with Soy Nut Butter		
Lunch	Vegetarian Lasagna with Whole Grain Noodles, Vegetables and Cheese with Garlic Bread Milk and Clementines	BBQ Baked Chicken Thighs with Cheese and Potato Perogies with Tomato and Cucumber Salad Milk and Bananas	Butternut Squash and White Bean Soup with Whole Grain Dinner Roll and Steamed Cauliflower Milk and Apples	Whole Grain Macaroni and Cheese with Tuna Fish Chunks and Steamed Carrot Coins Milk and Pears	Baked Turkey Meat Loaf topped with BBQ Sauce with Brown Rice and Steamed Broccoli Milk and Oranges
Infant Substitution	Strawberries	Chicken off the Bone	Cooked Skin off Apples	Skin off Pears	Strawberries
Vegetarian Option		Roasted Edamame		Cubed Seasoned Tofu	Baked Lentil and Bean Cakes
P.M. Snack	Whole Grain Crackers and Mozzarella Cheese Water	Whole Grain Loaf with Bruschetta Topping Water	Whole Grain Bran Muffin with Applesauce Water	Fruit Salad and Mozzarella Cheese Cubes Water	Whole Grain Zucchini Bread with 2% Plain Yogurt Water
Infant Substitution	Digestive Crackers	Soft Loaf		Cooked Skin off Apples	
Vegetarian Option					

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- Substitutions can also be made to accommodate Dairy free, Gluten free and Halal diets