



# Little Scholars Fall and Winter Menu 2025-2026

## Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M. Snack</b>	Whole Grain Cereal Milk and Fruit	Whole Grain Toast with Butter Milk and Fruit	Whole Grain Cereal Milk and Fruit	2% Plain Yogurt with Homemade Granola Milk and Fruit	Whole Grain Tortilla with Soy Nut Butter Milk and Fruit
<b>Infant Substitution</b>					
<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 Fruit	Whole Grain Spaghetti with Tofu Bolognese Sauce and Garden Salad Milk and Fruit	Herb Crusted Baked Salmon with Couscous and Steamed Green Peas Milk and Fruit	Shake and Bake Chicken Drumsticks with Quinoa and Steamed Green Beans Milk and Fruit	Mexican Bean Casserole with Brown Rice and Steamed Corn Niblets Milk and Fruit
<b>Infant Substitution</b>		Cucumber		Chicken off the Bone	
<b>Vegetarian Option</b>	Seasoned Tofu		Falafel	Shake and Bake Tofu	
<b>P.M. Snack</b>	Whole Grain Tortilla with Salsa Water	Homemade Whole Grain Banana Bread with Applesauce Water	Whole Grain Crackers and Mozzarella Cheese Water	Whole Grain Pita with Hummus Water	Homemade Black Bean Brownie with Fruit 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 Fall and Winter Menu 2025-2026

## Week 2



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

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# Little Scholars Fall and Winter Menu 2025-2026

## Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M. Snack</b>	Whole Grain Cereal Milk and Fruit	Whole Grain Toast with Butter Milk and Fruit	Whole Grain Cereal Milk and Fruit	2% Plain Yogurt with Homemade Granola Milk and Fruit	Whole Grain Tortilla with Soy Nut Butter Milk and Fruit
<b>Infant Substitution</b>					
<b>Vegetarian Option</b>					
<b>Lunch</b>	Lasagna with Whole Grain Noodles, Ground Turkey, Mixed Vegetables and Cheese Milk and Fruit	Homestyle Chicken Stew with Mixed Vegetables and Buttered Dinner Rolls Milk and Fruit	Lightly Seasoned Baked Tilapia with Couscous and Steamed Broccoli Milk and Fruit	Baked Chicken Drumstick with a Mild Curry Sauce with Brown Rice and Steamed Corn Niblets Milk and Fruit	Stir Fried Chow Main Noodles with Bok Choy, Peppers, Tofu and Mushrooms Milk and Fruit
<b>Infant Substitution</b>				Chicken off the Bone	
<b>Vegetarian Option</b>	Vegetarian Lasagna	Seasoned Tofu	Falafel	Curried Tofu	
<b>P.M. Snack</b>	Whole Grain Tortilla with Salsa Water	Homemade Whole Grain Banana Bread with Applesauce Water	Whole Grain Crackers and Mozzarella Cheese Water	Whole Grain Pita with Hummus Water	Homemade Black Bean Brownie with Fruit Water
<b>Infant Substitution</b>					
<b>Vegetarian Option</b>					

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# Little Scholars Fall and Winter Menu 2025-2026

## Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M. Snack</b>	Whole Grain Cereal Milk and Fruit	Whole Grain Toast with Butter Milk and Fruit	Whole Grain Cereal Milk and Fruit	2% Plain Yogurt with Homemade Granola Milk and Fruit	Whole Grain Tortilla with Soy Nut Butter Milk and Fruit
<b>Infant Substitution</b>					
<b>Vegetarian Option</b>					
<b>Lunch</b>	Cheese Tortellini in a Rose Sauce with Ground Turkey and Steamed Corn Niblets Milk and Fruit	Tomato, Basil Minestrone Soup with Cheesy Garlic Bread Milk and Fruit	Greek Chicken with Roasted Potatoes and Garden Salad Milk and Fruit	Whole Grain Macaroni and Cheese with Tuna Fish Chunks and Steamed Green Peas Milk and Fruit	Mild Jerk Chicken with Rice and Beans with Steamed Corn Niblets Milk and Fruit
<b>Infant Substitution</b>			Cucumber		
<b>Vegetarian Option</b>	Falafel		Seasoned Tofu	Veggie Nuggets	Mild Jerk Tofu
<b>P.M. Snack</b>	Whole Grain Crackers and Mozzarella Cheese Water	Homemade Whole Grain Apple Cinnamon Loaf with Fruit Water	Homemade Whole Grain Garlic Pita with Salsa Water	Homemade Whole Grain Carrot Loaf with Applesauce Water	Homemade Cereal Mix with Dried Fruit and Fruit Water
<b>Infant Substitution</b>					
<b>Vegetarian Option</b>					

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# Little Scholars Spring and Summer Menu 2026

## Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M. Snack</b>	Whole Grain Cereal Milk and Fruit	Homemade Oatmeal Milk and Fruit	Whole Grain Toast with Soy Nut Butter Milk and Fruit	Whole Grain Cereal Milk and Fruit	Homemade Whole Grain Waffles Milk and Fruit
<b>Infant Substitution</b>					
<b>Vegetarian Option</b>					
<b>Lunch</b>	Whole Grain Spaghetti with Turkey Bolognese Sauce and Steamed Carrot Coins Milk and Fruit	Baked Salmon with a Homemade Dill Sauce with Couscous and Steamed Broccoli Milk and Fruit	Shake and Bake Chicken Drumsticks with Quinoa and Steamed Corn Niblets Milk and Fruit	Vegetarian Lasagna with Whole Grain Noodles, Vegetables, Cheese and Spinach Milk and Fruit	Asian Chicken Stir Fry with Mixed Vegetables and Brown Rice Milk and Fruit
<b>Infant Substitution</b>			Chicken off the Bone		
<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 Water and Fruit	Homemade Whole Grain Banana Bread Water and Fruit	Whole Grain Crackers and Mozzarella Cheese Cubes Water	Homemade Whole Grain Pumpkin Loaf with Applesauce Water
<b>Infant Substitution</b>					
<b>Vegetarian Option</b>					

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# Little Scholars Spring and Summer Menu 2026

## Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M. Snack</b>	Whole Grain Cereal Milk and Fruit	2% Plain Yogurt with Homemade Granola Milk and Fruit	Whole Grain Toast with Butter Milk and Fruit	Whole Grain Cereal Milk and Fruit	Whole Grain Tortilla with Soy Nut Butter Milk and Fruit
<b>Infant Substitution</b>					
<b>Vegetarian Option</b>					
<b>Lunch</b>	Whole Grain Penne Pasta with Turkey Bolognese and Leafy Green Salad with Homemade Vinaigrette Milk and Fruit	Mexican Black Bean and Corn Quinoa Salad with Feta Cheese and Whole Wheat Tortilla Triangles Milk and Fruit	Lightly Seasoned Baked Tilapia with Couscous and Steamed Carrot Coins Milk and Fruit	Baked BBQ Chicken Drumsticks and Homemade Macaroni Salad with Mixed Vegetables Milk and Fruit	Lightly Seasoned Chicken Zucchini Rice Casserole with Mixed Peppers Milk and Fruit
<b>Infant Substitution</b>	Cucumber			Chicken off the Bone	
<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 Water and Fruit	Homemade Whole Grain Pita Chips with Salsa Water	Homemade Cereal Mix with Dried Fruit Water and Fruit
<b>Infant Substitution</b>					
<b>Vegetarian Option</b>					

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

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<b>A.M. Snack</b>	Whole Grain Cereal Milk and Fruit	2% Plain Yogurt with Homemade Granola Milk and Fruit	Whole Grain Toast with Butter Milk and Fruit	Whole Grain Cereal Milk and Fruit	Whole Grain Tortilla with Soy Nut Butter Milk and Fruit
<b>Infant Substitution</b>					
<b>Vegetarian Option</b>					
<b>Lunch</b>	Lemon Chicken with Roasted Parmesan Potatoes and Steamed Broccoli Milk and Fruit	Hand Crafted Chicken Nugget Bites and Couscous Salad with Chickpeas, Feta Cheese and Mixed Vegetables Milk and Fruit	Lightly Breaded and Baked Tilapia in a Citrus Sauce with Brown Rice and Steamed Carrot Coins Milk and Fruit	Asian Stir-Fried Chow Mein Noodles with Bok Choy, Peppers, Tofu and Mushrooms Milk and Fruit	Baked Chicken Drumsticks with a Homemade Mild Jerk Sauce with Quinoa and Garden Salad Milk and Fruit
<b>Infant Substitution</b>					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 Water and Fruit	Homemade Whole Grain Pita Chips with Salsa Water	Homemade Cereal Mix with Dried Fruit Water and Fruit
<b>Infant Substitution</b>					
<b>Vegetarian Option</b>					

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