

## LITTLE SCHOLARS ACADEMY MENU WEEK #1



| DAY             | BREAKFAST<br>8:45 AM  | LUNCH<br>11:30-11:45 PM   | SNACK<br>2:45-3:15 PM  |
|-----------------|---|---|--|
| MONDAY<br>#1    | SCRAMBLED<br>ORGANIC EGGS,<br>WHOLE GRAIN TOAST,<br>BANANAS, RAISINS<br>& 1% MILK         | SPAGHETTI WITH<br>TOMATO SAUCE,<br>CHEESE, CUCUMBER<br>& 1% MILK                    | ANIMAL CRACKERS,<br>SLICED TILLAMOOK<br>CHEDDAR,<br>APPLES<br>& 1% MILK                |
| TUESDAY<br>#2   | COTTAGE CHEESE,<br>WHOLE GRAIN TOAST,<br>PEACHES, PEARS<br>& 1% MILK                      | STIR FRY WITH<br>ORGANIC<br>BROWN RICE,<br>CHICKEN, PEAS<br>CARROTS & 1% MILK       | RITZ CRACKERS,<br>STRING CHEESE,<br>BANANAS<br>& 1% MILK                               |
| WEDNESDAY<br>#3 | WHOLE GRAIN<br>FRENCH TOAST,<br>APPLES, RAISINS<br>& 1% MILK                              | GRILLED TILLAMOOK<br>CHEESE WHOLE GRAIN<br>SANDWICHES,<br>PEAS, TOMATO<br>& 1% MILK | GOLDFISH CRACKERS,<br>TILLAMOOK<br>CHEDDAR,<br>RAISINS, PEACHES<br>PEARS,<br>& 1% MILK |
| THURSDAY<br>#4  | KIX CEREAL (GENERAL<br>MILLS BRAND),<br>WHOLE GRAIN TOAST,<br>PEACHES, PEARS<br>& 1% MILK | HOMEMADE<br>NOODLES N' CHEESE,<br>ZUCCHINI, APPLES<br>& 1% MILK                     | GRAHAM CRACKERS,<br>STRING CHEESE,<br>RAISINS, APPLES<br>& 1% MILK                     |
| Friday<br>#5    | PANCAKES<br>WITH BLUEBERRIES,<br>BANANAS<br>& 1% MILK                                     | CHILI, TILLAMOOK<br>CHEESE, RITZ<br>CRACKERS,<br>PEAS, CARROTS<br>& 1% MILK         | WHOLE GRAIN<br>TOAST,<br>SLICED TILLAMOOK<br>CHEDDAR,<br>BANANAS<br>& 1% MILK          |



## LITTLE SCHOLARS ACADEMY MENU WEEK #2



| DAY                   | BREAKFAST<br>8:45 AM  | LUNCH<br>11:30-11:45 PM  | SNACK<br>2:45-3:15 PM  |
|-----------------------|---|--|--|
| Monday<br>#6          | TILLAMOOK<br>STRAWBERRY<br>YOGURT,<br>WHOLE GRAIN<br>TOAST, RAISINS,<br>BANANAS<br>& 1% MILK      | PASTA SHELLS IN<br>MUSHROOM/CHEESE,<br>CUCUMBERS,<br>BROCCOLI<br>& 1% MILK                                   | ANIMAL CRACKERS,<br>SLICED TILLAMOOK<br>CHEDDAR,<br>APPLES<br>& 1% MILK                |
| Tuesday<br># <b>7</b> | WAFFLES,<br>PEACHES, PEARS<br>& 1% MILK   | CHICKEN NOODLE SOUP, (CHICKEN BREAST ADDED) PEAS, CARROTS, WHOLE GRAIN BREAD & 1% MILK                       | RITZ CRACKERS<br>STRING CHEESE,<br>BANANAS<br>& 1% MILK                                |
| WEDNESDAY<br>#8       | WHOLE GRAIN<br>FRENCH TOAST,<br>BANANAS, RAISINS<br>& 1% MILK                                     | TURKEY & TILLAMOOK CHEESE WHOLE GRAIN SANDWICHES, APPLES, CARROTS & 1% MILK                                  | GOLDFISH CRACKERS,<br>TILLAMOOK<br>CHEDDAR,<br>RAISINS, PEACHES,<br>PEARS<br>& 1% MILK |
| THURSDAY<br>#9        | CHEERIOS CEREAL<br>(GENERAL MILLS<br>BRAND), WHOLE<br>GRAIN TOAST,<br>PEACHES, PEARS<br>& 1% MILK | CHICKEN &<br>TILLAMOOK CHEESE<br>QUESADILLAS,<br>BROCCOLI, APPLES<br>& 1% MILK                               | GRAHAM CRACKERS,<br>STRING CHEESE,<br>RAISINS, APPLES<br>& 1% MILK                     |
| FRIDAY<br>#10         | PANCAKES,<br>BANANAS, RAISINS<br>& 1% MILK  | TACORONI BAKE (NOODLES, BLACK BEANS, CORN, TILLAMOOK CHEESE, TOMATO SAUCE), CUCUMBERS, GREEN BEANS & 1% MILK | WHOLE GRAIN<br>TOAST,<br>SLICED TILLAMOOK<br>CHEDDAR,<br>BANANAS<br>& 1% MILK          |