



A. Sophie Rogers School for Early Learning Spring /Summer Menu 2025

Week 1 of 4

Weeks of: May 19, June 16, July 14, Aug 11, Sept 08, Oct 06

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Apples Oatmeal (HM)	Milk Bananas Scrambled Eggs Biscuits	Milk Fruit Blend Chia Seed Muesli (HM)	Milk Applesauce WG French Toast	Milk Banana-Berry Blend Yogurt Granola (HM)
Lunch	Milk Cheese Quesadilla (HM) WW Tortillas Beans and Corn Oranges Bananas (I&T)	Milk Chicken Salad (HM) Broccoli Peaches WG Dinner Roll	Milk Rst Turkey(HM) Green Beans Pasta Salad Pineapple WG Dinner Roll	Milk Beef Lamb Gyro Cauliflower Cantaloupe WG Pita	Milk Tempura Chicken Stir-fried Vegetables Watermelon Brown Rice
Snack	Bananas Nut Free Trail Mix	Apples Slices Cheese Crackers	Marinara Whole-grain Garlic Breadsticks	Peaches (I&T) Soft Pretzel Bites Cheese Cubes	Sliced Pears Animal Crackers

This institution is an equal opportunity provider.



A. Sophie Rogers School for Early Learning Spring/Summer Menu 2025

Week 2 of 4

Weeks of: May 26, Jun 23, July 21, Aug 18, Sept 15, Oct 13

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Bananas Cheerios	Milk Fruit Smoothies Whole Oat Square (HM)	Milk Banana-Berry Blend Whole Oat Muesli (HM)	Milk Oranges Potatoes Scrambled Eggs	Milk Applesauce Pancakes (HM)
Lunch	Milk Cheese Pizza (HM) Cauliflower Grapes	Milk Cuban Rst Pork Black Beans. Brn Rice Pears WG Dinner Roll	Milk Rst Chicken Carrots, Pasta/Sauce Honeydew Melon WG Dinner Roll	Milk Beef Bulgogi (HM) Broccoli Peaches Brown Rice	Milk Chicken Tenders Potatoes Green Peas Melon Blend WG Bun
Snack	Tortilla Chips Salsa Oranges	Grapes WW Crackers Cheese Cubes	Sliced Pears Banana Bread	Apple Slices Toasted Cheddar Flatbread	Banana Slices Graham Crackers

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Week 3 of 4

Weeks of: May 05, June 02, June 30, July 28, Aug 25, Sept 22, Oct 20

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Apples Oatmeal (HM)	Milk Oranges Scrambled Eggs Biscuits	Milk Fruit Blend Chia Seed Muesli (HM)	Milk Applesauce WG French Toast	Milk Banana-Berry Blend Yogurt Granola (HM)
Lunch	Milk Cheese Ravioli Rst Chicken Brst Alfredo Sauce (HM) Green Beans Honeydew Melon Dinner Roll	Milk Beef Chili (HM) Corn Pineapple Cornbread	Milk Rst Chicken (HM) Cauliflower Mango Couscous WG Dinner Roll	Milk Beef Meatballs (HM) Pasta/Sauce Carrots Grapes WG Dinner Roll	Milk Chicken Tacos (HM) Corn Melon Blend Flour Tortillas
Snack	Bananas Nut-Free Trail Mix	Apple Slices Cheese Crackers	Fruit blend (I&T) Marinara Whole-grain Garlic Breadsticks	Peaches (I&T) Soft Pretzel Bites Cheese Cubes	Sliced Pears Animal Crackers

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Week 4 of 4

Weeks of: May 12, June 09, July 07, Aug 04, Sept 01, Oct 27

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Bananas Cheerios	Milk Fruit Smoothies (HM) Whole Oat Square (HM)	Milk Banana-Berry Blend Whole Oat Muesli (HM)	Milk Oranges Potatoes Scrambled Eggs	Milk Applesauce Pancakes(HM)
Lunch	Milk Grilled Cheese(HM) Wheat Bread Vegetable Soup (HM) Grapes	Milk Beef Burgers (HM) Green Beans Pineapple WG Dinner Bun	Milk Tikka Chicken(HM) Cauliflower Mango Brown Basmati Rice	Milk Pulled Pork (HM) Corn Peaches WG Dinner Roll	Milk Breaded Cod Fillet Swt Potatoes Green Peas Watermelon WG Dinner Roll
Snack	Tortilla Chips Salsa Oranges	Grapes Whole Wheat Crackers Cheese Cubes	Sliced Pears Banana Bread	Apple Slices Toasted Cheddar Flatbread	Banana Slices Graham Crackers

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