



# A. Sophie Rogers School for Early Learning Autumn/Winter Menu 2024-25

Week 1 of 4

Weeks of: Nov 04, Dec 02, Dec 30, Jan 27, Feb 24, March 24, Apr 21

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Milk Apples Oatmeal (HM)	Milk Bananas Scrambled Eggs Biscuits	Milk Fruit Blend Chia Seed Muesli (HM)	Milk Applesauce Waffle Sticks	Milk Banana-Berry Blend Yogurt Granola (HM)
<b>Lunch</b>	Milk Cheese Quesadilla (HM) WW Tortillas Beans and Corn Oranges Bananas (I&T)	Milk Rst. Chicken (HM) Broccoli Peaches Pasta/Marinara WG Dinner Roll	Milk Turkey Stew (HM) Green Beans Pineapple WG Dinner Roll	Milk Beef Lamb Gyro Cauliflower Cantaloupe WG Pita	Milk Tempura Chicken Stir-fried Vegetables Watermelon Brown Rice
<b>Snack</b>	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 Autumn/Winter Menu 2024-25

Week 2 of 4

Weeks of: Nov 11, Dec 09, Jan 06, Feb 03, Mar 03, Mar 31, Apr 28

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	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)
<b>Lunch</b>	Milk Cheese Pizza (HM) Cauliflower Grapes	Milk Italian Sausage Green Beans Pasta/Marinara WG Dinner Roll	Milk Rst Chicken Breast Corn, Honeydew Melon Noodles WG Dinner Roll	Milk Beef Bulgogi (HM) Broccoli Peaches Brown Rice	Milk Chicken Tenders Potatoes Green Peas Melon Blend WG Bun
<b>Snack</b>	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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# A. Sophie Rogers School for Early Learning Autumn/Winter Menu 2024-25

## Week 3 of 4

Weeks of: Nov 18, Dec 16, Jan 13, Feb 10, Mar 10, Apr 07

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Milk Apples Oatmeal (HM)	Milk Oranges Scrambled Eggs Biscuits	Milk Fruit Blend Chia Seed Muesli (HM)	Milk Applesauce Waffle Sticks	Milk Banana-Berry Blend Yogurt Granola (HM)
<b>Lunch</b>	Milk Cheese Ravioli Rst Chicken Brst Alfredo Sauce (HM) Green Peas Honeydew Melon Dinner Roll	Milk Beef Chili (HM) Corn Pineapple Cornbread	Milk Rst Chicken (HM) Cauliflower Mango Couscous WG Dinner Roll	Milk Rst Pork (HM) Root Vegetables Grapes Brn Rice WG Dinner Roll	Milk Chicken Tacos (HM) Corn Melon Blend Flour Tortillas
<b>Snack</b>	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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# A. Sophie Rogers School for Early Learning Autumn/Winter Menu 2024-25

Week 4 of 4

Weeks of: Nov 25, Dec 23, Jan 20, Feb 17, Mar 17, Apr 14

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	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)
<b>Lunch</b>	Milk Grilled Cheese(HM) Whole Wheat Bread Vegetable Soup (HM) Grapes	Milk Rst Turkey (HM) Green Beans Potatoes Pineapple WG Dinner Roll	Milk Tikka Chicken(HM) Cauliflower Mango Brown Basmati Rice	Milk Beef Brisket (HM) Corn/Potatoes Peaches WG Dinner Roll	Milk Breaded Cod Fillet Swt Potatoes Green Peas Watermelon WG Dinner Roll
<b>Snack</b>	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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