



Schoenbaum Family Center

A. Sophie Rogers School for Early Learning Fall/Winter Menu 2021-22

Week 1 of 4

Weeks of: Nov 8, Dec 6, Jan 3, Jan 31, Feb 28, March 28

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Apples Oatmeal (HM)	Milk Oranges Scrambled Eggs Biscuits	Milk Fruit Smoothies (HM) Soft Granola Bar (HM)	Milk Applesauce Waffle Sticks	Milk Banana-Berry Blend Yogurt Granola (HM)
Lunch	Milk Cheese Quesadilla (HM) WW Tortillas Beans and Corn Oranges Bananas (I&T)	Milk Rst Chicken Breast Green Beans Pineapple	Milk Rst Pork Loin (HM) Rst Root Vegetables Brn Rice Honeydew Melon	Milk Beef/Lamb Gyro WW Pita Cauliflower Cantaloupe Melon	Milk Soy Ginger Chicken (HM) Brown Rice Stir-fried Vegetables Watermelon
Snack	Bananas Nut Free Trail Mix	Sliced Pears Animal Crackers	Marinara Whole-grain Garlic Breadsticks	Peaches (I&T) Soft Pretzel Bites Cheese Cubes	Apple slices Cheese Crackers

Families: The kitchen prepares a variety of freshly prepared vegetarian and vegan entrees including whole grains, beans, soy protein, tofu, seitan, tempeh and vegetable patties. All grain items are at least 50% whole grain.



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Week 2 of 4

Weeks of: Nov 15, Dec 13, Jan 10, Feb 7, March 7

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Bananas Cheerios	Milk Apples Asst. Muffins (HM)	Milk Banana-Berry Blend Whole Oat Muesli (HM)	Milk Applesauce Pancakes (HM)	Milk Oranges Bananas (I&T) Corn Flakes
Lunch	Milk Cheese Pizza(HM) Cauliflower Grapes	Milk Rst Tukey Brst(HM) Dinner Roll Grn Beans Potatoes Pears	Milk Roast Chicken Breast (HM) Orzo Corn, Carrots and Peas Honeydew Melon	Milk Beef Bulgogi (HM) Brown Rice Broccoli Cantaloupe Melon	Milk BBQ Chicken Tenders WW Dinner Roll Sweet Potatoes Green Peas Melon Blend
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: Nov 22, Dec 20, Jan 17, Feb 14, March 14

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Apples Oatmeal (HM)	Milk Oranges Scrambled Eggs Biscuits	Milk Fruit Smoothies (HM) Soft Granola Bar (HM)	Milk Applesauce Waffle Sticks	Milk Banana-Berry Blend Yogurt Granola (HM)
Lunch	Milk Cheese Ravioli Rst Chicken Brst Alfredo Sauce (HM) Green Peas Honeydew Melon	Milk Turkey Meatball (HM) WW Bun Brn Rice Cauliflower Cantaloupe	Milk Rst Chicken (HM) Fried Scallion Rice Vegetable Blend Pineapple	Milk Beef Brisket(HM) WW Dinner Roll Broccoli Potatoes Peaches	Milk Chicken Tacos (HM) Whole-grain Tortillas Corn Melon Blend
Snack	Bananas Nut-Free Trail Mix	Sliced Pears Animal Crackers	Fruit blend (I&T) Marinara Whole-grain Garlic Breadsticks	Pineapple (I&T) Soft Pretzel Bites Cheese Cubes	Apple slices Cheese Crackers

Families: The kitchen prepares a variety of freshly prepared vegetarian and vegan entrees including whole grains, beans, soy protein, tofu, seitan, tempeh and vegetable patties. All grain items are at least 50% whole grain.



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A. Sophie Rogers School for Early Learning Fall/Winter Menu 2021-22

Week 4 of 4

Weeks of: Nov 1, Nov 29, Dec 27, Jan 24, Feb 21, March 21

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Bananas Cheerios	Milk Apples Asst. Muffins (HM)	Milk Banana-Berry Blend Whole Oat Muesli (HM)	Milk Applesauce Pancakes (HM)	Milk Oranges Bananas (I&T) Corn Flakes
Lunch	Milk Grilled Cheese (HM) Whole Wheat Bread Vegetable Soup (HM) Grapes	Milk Rst Chicken Brst (HM) WW Rigatoni Marinara Broccoli Melon Blend	Milk Beef Burger WW Bun Green Beans Buffalo Chips (potatoes) Oranges	Milk Tikka Chicken (HM) Brown Basmati Rice Cauliflower Honeydew	Milk Breaded Cod Fillet WW Dinner Roll Rst Redskins Potatoes Green Peas Watermelon
Snack	Tortilla Chips Salsa Oranges	Grapes Whole Wheat Crackers Cheese Cubes	Sliced Pears Banana Bread	Apple Slices Toasted Cheddar Flatbread	Banana Slices Graham Crackers

Families: The kitchen prepares a variety of freshly prepared vegetarian and vegan entrees including whole grains, beans, soy protein, tofu, seitan, tempeh and vegetable patties. All grain items are at least 50% whole grain.