

## Little Sprouts Learning Sample Menu

1 Breakfast 1% milk Oatmeal Apple	Lunch 1% milk Hot turkey sandwich Bread Green beans Pears	Snack Strawberries Vanilla yogurt
2 Breakfast 1% milk Whole-wheat bagel Blueberries	Lunch 1% milk Chicken Nuggets, homemade Brown rice Garden salad Cantaloupe	Snack Broccoli florets Cottage cheese
3 Breakfast 1% milk Waffles Peaches	Lunch 1% milk Roast beef Butternut squash Fresh pear slices	Snack Pretzels Cheddar cheese cubes
4 Breakfast 1% milk Wheat Chex Strawberries	Lunch 1% milk Bean chili Whole-corn chips Sautéed carrots	Snack Cucumber slices Whole-grain crackers
5 Breakfast 1% milk Scrambled egg Sweet potato hash	Lunch 1% milk Roast pork Corn bread Roasted red potatoes Corn	Snack Triscuits Cheddar cheese

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6 Breakfast  
1% milk  
Oatmeal  
Orange slices

Lunch  
1% milk  
Egg salad on whole-grain wrap  
Whole grain wrap  
Cumber salad  
Cherry tomatoes

Snack  
Apple slices  
Peanut butter

7 Breakfast  
1% milk  
Scrambled eggs with chee  
Banana

Lunch  
1% milk  
Baked fish  
Whole-wheat noodles  
Steamed broccoli  
Carrot sticks

Snack  
Carrot sticks  
Hummus

8 Breakfast  
1% milk  
Cream of Wheat  
Banana

Lunch  
1% milk  
Chicken stir fry  
Brown rice  
Oranges  
Snow peas and cabbage

Snack  
1% milk  
Soft pretzel

9 Breakfast  
1% milk  
Bean burrito  
Applesauce

Lunch  
1 % milk  
Meatballs  
Spinach  
Carrots  
English muffin

Snack  
Pineapple cubes  
Yogurt

10 Breakfast  
1% milk  
Pancakes  
Mixed berries

Lunch  
1% milk  
Hamburger  
Bun  
Strawberries  
Beets

Snack  
Peanut Butter  
Crackers

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11 Breakfast	Lunch	Snack
1 % milk	1% milk	Bread
Whole grain waffles	Cheese quesadilla	Zucchini
Bananas	Tortilla	
	Applesauce	
	Cucumber slices	
12 Breakfast	Lunch	Snack
1% milk	1% milk	Crackers
Oatmeal	Ham and Cheese hot pocket	Raisins
Apples	Dough	
	Lettuce	
	Grapes	
13 Breakfast	Lunch	Snack
1% milk	1% milk	Applesauce
Sausage biscuit	Cheese pizza	Cheese stick
Watermelon	Pizza crust	
	Cantaloupe	
	Pickles	
14 Breakfast	Lunch	Snack
1% milk	1% milk	Pretzels
French toast	Beef nachos	Carrot sticks
Banana	Tortilla chips	
	Tomatoes	
	Strawberries	
15 Breakfast	Lunch	Snack
1% milk	1% milk	Yogurt
Cereal	Mac and cheese	Blueberries
Bananas	Pasta	
	Corn	
	Green beans	