WEEK 1

YUMMY

WINTER MENU 2026 - 2027

Weeks of: November 9th, December 7th, January 4th, February 1st, March 1st & 29th, April 26th

Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Turkey Meatballs with Yummy Tomato Sauce Vegetable Pasta *Green & Yellow Beans Fresh Fruit	Whole Wheat Garlic Naan Marble Cheese Slice
TUESDAY	Waffles Chunky Mango Tropical 100% Fruit Puree	Korean Chicken (*bell pepper strips, *broccoli, carrots, chicken, *green onions, mushrooms, *zucchini) Brown Rice Fresh Fruit	Yogurt Multigrain Trail Mix
WEDNESDAY	Whole Grain Banana Strawberry Oat Muffin Bite Fresh Fruit	Creamy Ravioli Soup (cheese ravioli, *spinach, white kidney beans) Light Rye Bread Fresh Fruit	Fresh Fruit Multigrain Crackers
THURSDAY	Hard Boiled Egg Roasted Red Pepper Crackers	Baked Pollock Wedge Barley Vegetable Risotto (barley, corn, *green peas, mushrooms) Fresh Fruit	Plant Based Cheeze Scones Steamed Vegetables
FRIDAY	Yogurt Fresh Fruit	Veggie Bean Taco Whole Wheat Tortilla *Broccoli & Carrots Fresh Fruit	Whole Grain Carrot Loaf Pear & Apple 100% Fruit Puree

Milk and/or Water are served with lunch and snacks

- * Indicates Dark Green Vegetable Offered Daily
- Orange Fruit/Vegetable offered a few times weekly
- Menu approved by a Registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes

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WEEK 2

YUMMY

WINTER MENU 2026 - 2027

Weeks of: November 16th, December 14th, January 11th, February 8th, March 8th, April 5th

Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Chicken Noodle Soup (carrots, celery, chicken, fresh noodles, *kale, onions, potatoes) Whole Wheat Bread Fresh Fruit	Whole Grain Apple Cinnamon Round Fresh Fruit
TUESDAY	Whole Grain Lemon Scone Dragon Fruit & Apple 100% Fruit Puree	Baked Haddock and Cod Fish Cakes Mixed Grain Veggie Pilaf (*bell peppers, brown rice, corn, quinoa) Fresh Fruit	Tuscan Italian Salsa Multigrain Pita Crisps
WEDNESDAY	Yogurt Fresh Fruit	Tri Colour Cheese Tortellini with Rose Lentil Sauce *Broccoli & Cauliflower Fresh Fruit	Fresh Fruit Whole Grain Garden Veggie Bites
THURSDAY	Raisin Bread Plant Based Cream Cheeze	Baked Chicken Burgers Whole Wheat Artisan Bun Mixed Vegetables (*broccoli, *green beans, orange & yellow carrots) Fresh Fruit	Vegan Whole Grain Cranberry Cookie Blueberry & Apple 100% Fruit Puree
FRIDAY	Blueberry Oatmeal Bar	Creamy Coconut Chickpea Stew (*bell peppers, carrot, cauliflower, chickpeas, onions, sweet potatoes, *zucchini) Brown Rice Fresh Fruit	Steamed Carrots Pizza Square

Milk and/or Water are served with lunch and snacks

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WEEK 3

YUMMY

WINTER MENU 2026 - 2027

Weeks of: November 23rd, December 21st, January 18th, February 16th, March 15th, April 12th

Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Chicken Pancit with Chow Mein Noodles (*broccoli, cabbage, carrots, cauliflower, chicken, chow mein noodles, *leeks) Fresh Fruit	Whole Wheat Naan Yummy Tomato Bruschetta
TUESDAY	Waffles Chunky Peach Tropical 100% Fruit Puree	Baked Turkey Burgers Whole Wheat Bun Mixed Vegetables (carrots, *green beans, yellow beans) Fresh Fruit	Yogurt Multigrain Trail Mix
WEDNESDAY	Whole Grain Banana Blueberry Oat Muffin Bite Fresh Fruit	Baked Pollock Wedge Lemon Herb Brown Rice *Green Peas & Corn Fresh Fruit	Fresh Fruit Spice Snaps
THURSDAY	Hard Boiled Egg Cracked Wheat Crackers	Lasagna Veggie Soup (mafalda pasta, soy protein, *spinach, squash) Multigrain Sourdough Bread Fresh Fruit	Cream Cheese Bagel Bites Steamed Vegetables
FRIDAY	Yogurt Fresh Fruit	Autumn Sun Spinach & Cheese Medallions with Creamy Garlic Bean Sauce *Broccoli & Cauliflower Fresh Fruit	Whole Grain Harvest Apple Loaf Strawberry Apple 100% Fruit Puree

Milk and/or Water are served with lunch and snacks

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WEEK 4

YUMMY

WINTER MENU 2026 - 2027

Weeks of: November 30th, December 28th, January 25th, February 22nd, March 22nd, April 19th

Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Beef Stroganoff *Broccoli & Carrots Fresh Fruit	Whole Grain Blueberry Round Fresh Fruit
TUESDAY	Whole Grain Cranberry Scone Raspberry Crumble 100% Fruit Puree	Egg, Vegetable & Orzo Soup (carrots, eggs, *leeks, orzo pasta) Whole Wheat Homestyle Bread Fresh Fruit	Veggie Confetti Salsa Multigrain Pita Crisps
WEDNESDAY	Yogurt Fresh Fruit	Butter Chicken (cauliflower, chicken, *mixed bell peppers, onions, *peas, squash) Couscous Fresh Fruit	Fresh Fruit Whole Grain Sundried Tomato Crackers
THURSDAY	Vegan Brioche Power Up Spread	Turkey Meatballs with Yummy Cranberry Sauce Brown Rice *Green & Yellow Beans Fresh Fruit	Vegan Oatmeal Date Cookie Unsweetened Applesauce
FRIDAY	Raisin Oatmeal Bar	Broccoli & Cheddar Chowder (*broccoli, carrots, kidney beans, onions, potatoes) “Out of the Oven” Baguette Fresh Fruit	Steamed Carrots Whole Wheat Cheesy Garlic Pizza Square

Milk and/or Water are served with lunch and snacks

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WEEK 1

YUMMY

WINTER MENU 2026 - 2027

Weeks of: November 9th, December 7th, January 4th, February 1st, March 1st & 29th, April 26th

Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Turkey Meatballs with Yummy Tomato Sauce Vegetable Pasta *Spring Mix Salad Fresh Fruit	Whole Wheat Garlic Naan Marble Cheese Slice
TUESDAY	Waffles Chunky Mango Tropical 100% Fruit Puree	Korean Chicken (*bell pepper strips, *broccoli, carrots, chicken, *green onions, mushrooms, *zucchini) Brown Rice Fresh Fruit	Yogurt Multigrain Trail Mix
WEDNESDAY	Whole Grain Banana Strawberry Oat Muffin Bite Fresh Fruit	Creamy Ravioli Soup (cheese ravioli, *spinach, white kidney beans) Light Rye Bread Fresh Fruit	Fresh Fruit Multigrain Crackers
THURSDAY	Hard Boiled Egg Roasted Red Pepper Crackers	Baked Pollock Wedge Barley Vegetable Risotto (barley, corn, *green peas, mushrooms) Fresh Fruit	Plant Based Cheeze Scones Fresh Vegetables
FRIDAY	Yogurt Fresh Fruit	Veggie Bean Taco Whole Wheat Tortilla *Lettuce with Purple Cabbage and Carrots Fresh Fruit	Whole Grain Carrot Loaf Pear & Apple 100% Fruit Puree

Milk and/or Water are served with lunch and snacks

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WEEK 2

YUMMY

WINTER MENU 2026 - 2027

Weeks of: November 16th, December 14th, January 11th, February 8th, March 8th, April 5th

Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Chicken Noodle Soup (carrots, celery, chicken, fresh noodles, *kale, onions, potatoes) Whole Wheat Bread Fresh Fruit	Whole Grain Apple Cinnamon Round Fresh Fruit
TUESDAY	Whole Grain Lemon Scone Dragon Fruit & Apple 100% Fruit Puree	Baked Haddock and Cod Fish Cakes Mixed Grain Veggie Pilaf (*bell peppers, brown rice, corn, quinoa) Fresh Fruit	Tuscan Italian Salsa Multigrain Pita Crisps
WEDNESDAY	Yogurt Fresh Fruit	Tri Colour Cheese Tortellini with Rose Lentil Sauce *Spring Mix Salad Fresh Fruit	Fresh Fruit Whole Grain Garden Veggie Bites
THURSDAY	Raisin Bread Plant Based Cream Cheeze	Baked Chicken Burgers Whole Wheat Artisan Bun Mixed Vegetables (*broccoli, *green beans, orange & yellow carrots) Fresh Fruit	Vegan Whole Grain Cranberry Cookie Blueberry & Apple 100% Fruit Puree
FRIDAY	Blueberry Oatmeal Bar	Creamy Coconut Chickpea Stew (*bell peppers, carrot, cauliflower, chickpeas, onions, sweet potatoes, *zucchini) Brown Rice Fresh Fruit	Fresh Carrots Pizza Square

Milk and/or Water are served with lunch and snacks

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WEEK 3

YUMMY

WINTER MENU 2026 - 2027

Weeks of: November 23rd, December 21st, January 18th, February 16th, March 15th, April 12th

Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Chicken Pancit with Chow Mein Noodles (*broccoli, cabbage, carrots, cauliflower, chicken, chow mein noodles, *leeks) Fresh Fruit	Whole Wheat Naan Yummy Tomato Bruschetta
TUESDAY	Waffles Chunky Peach Tropical 100% Fruit Puree	Baked Turkey Burgers Whole Wheat Bun Mixed Vegetables (carrots, *green beans, yellow beans) Fresh Fruit	Yogurt Multigrain Trail Mix
WEDNESDAY	Whole Grain Banana Blueberry Oat Muffin Bite Fresh Fruit	Baked Pollock Wedge Lemon Herb Brown Rice *Spring Mix Salad Fresh Fruit	Fresh Fruit Spice Snaps
THURSDAY	Hard Boiled Egg Cracked Wheat Crackers	Lasagna Veggie Soup (mafalda pasta, soy protein, *spinach, squash) Multigrain Sourdough Bread Fresh Fruit	Cream Cheese Bagel Bites Fresh Vegetables
FRIDAY	Yogurt Fresh Fruit	Autumn Sun Spinach & Cheese Medallions with Creamy Garlic Bean Sauce *Spring Mix Salad Fresh Fruit	Whole Grain Harvest Apple Loaf Strawberry Apple 100% Fruit Puree

Milk and/or Water are served with lunch and snacks

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WEEK 4

YUMMY

WINTER MENU 2026 - 2027

Weeks of: November 30th, December 28th, January 25th, February 22nd, March 22nd, April 19th

Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Beef Stroganoff *Spring Mix Salad Fresh Fruit	Whole Grain Blueberry Round Fresh Fruit
TUESDAY	Whole Grain Cranberry Scone Raspberry Crumble 100% Fruit Puree	Egg, Vegetable & Orzo Soup (carrots, eggs, *leeks, orzo pasta) Whole Wheat Homestyle Bread Fresh Fruit	Veggie Confetti Salsa Multigrain Pita Crisps
WEDNESDAY	Yogurt Fresh Fruit	Butter Chicken (cauliflower, chicken, *mixed bell peppers, onions, *peas, squash) Couscous Fresh Fruit	Fresh Fruit Whole Grain Sundried Tomato Crackers
THURSDAY	Vegan Brioche Power Up Spread	Turkey Meatballs with Yummy Cranberry Sauce Brown Rice *Spring Mix Salad Fresh Fruit	Vegan Oatmeal Date Cookie Unsweetened Applesauce
FRIDAY	Raisin Oatmeal Bar	Broccoli & Cheddar Chowder (*broccoli, carrots, kidney beans, onions, potatoes) “Out of the Oven” Baguette Fresh Fruit	Fresh Carrots Whole Wheat Cheesy Garlic Pizza Square

Milk and/or Water are served with lunch and snacks

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WEEK 1

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WINTER MENU 2026 - 2027

Weeks of: November 9th, December 7th, January 4th, February 1st, March 1st & 29th, April 26th

Vegetarian Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Falafel Balls with Yummy Tomato Sauce Vegetable Pasta *Spring Mix Salad Fresh Fruit	Whole Wheat Garlic Naan Marble Cheese Slice
TUESDAY	Waffles Chunky Mango Tropical 100% Fruit Puree	Korean Beans & Veggies (beans, *bell pepper strips, *broccoli, carrots, *green onions, mushrooms, *zucchini) Brown Rice Fresh Fruit	Yogurt Multigrain Trail Mix
WEDNESDAY	Whole Grain Banana Strawberry Oat Muffin Bite Fresh Fruit	Creamy Ravioli Soup (cheese ravioli, *spinach, white kidney beans) Light Rye Bread Fresh Fruit **No Replacement Needed – Regular Meal is Vegetarian**	Fresh Fruit Multigrain Crackers
THURSDAY	Hard Boiled Egg Roasted Red Pepper Crackers	Baked Veggie Tenders Barley Vegetable Risotto (barley, corn, *green peas, mushrooms) Fresh Fruit	Plant Based Cheeze Scones Fresh Vegetables
FRIDAY	Yogurt Fresh Fruit	Veggie Bean Taco Whole Wheat Tortilla *Lettuce with Purple Cabbage and Carrots Fresh Fruit **No Replacement Needed – Regular Meal is Vegetarian**	Whole Grain Carrot Loaf Pear & Apple 100% Fruit Puree

Milk and/or Water are served with lunch and snacks

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WEEK 2

YUMMY

WINTER MENU 2026 - 2027

Weeks of: November 16th, December 14th, January 11th, February 8th, March 8th, April 5th

Vegetarian Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Chickpea Noodle Soup (carrots, celery, chickpeas, fresh noodles, *kale, onions, potatoes) Whole Wheat Bread Fresh Fruit	Whole Grain Apple Cinnamon Round Fresh Fruit
TUESDAY	Whole Grain Lemon Scone Dragon Fruit & Apple 100% Fruit Puree	Baked Veggie Tenders Mixed Grain Veggie Pilaf (*bell peppers, brown rice, corn, quinoa) Fresh Fruit	Tuscan Italian Salsa Multigrain Pita Crisps
WEDNESDAY	Yogurt Fresh Fruit	Tri Colour Cheese Tortellini with Rose Lentil Sauce *Spring Mix Salad Fresh Fruit **No Replacement Needed – Regular Meal is Vegetarian*	Fresh Fruit Whole Grain Garden Veggie Bites
THURSDAY	Raisin Bread Plant Based Cream Cheeze	Baked Veggie Cutlet Whole Wheat Artisan Bun Mixed Vegetables (*broccoli, *green beans, orange & yellow carrots) Fresh Fruit	Vegan Whole Grain Cranberry Cookie Blueberry & Apple 100% Fruit Puree
FRIDAY	Blueberry Oatmeal Bar	Creamy Coconut Chickpea Stew (*bell peppers, carrot, cauliflower, chickpeas, onions, sweet potatoes, *zucchini) Brown Rice Fresh Fruit **No Replacement Needed – Regular Meal is Vegetarian*	Fresh Carrots Pizza Square

Milk and/or Water are served with lunch and snacks

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WEEK 3

YUMMY

WINTER MENU 2026 - 2027

Weeks of: November 23rd, December 21st, January 18th, February 16th, March 15th, April 12th

Vegetarian Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Bean Pancit with Chow Mein Noodles (*broccoli, cabbage, carrots, cauliflower, chow mein noodles, kidney beans, *leeks) Fresh Fruit	Whole Wheat Naan Yummy Tomato Bruschetta
TUESDAY	Waffles Chunky Peach Tropical 100% Fruit Puree	Baked Veggie Cutlet Whole Wheat Bun Mixed Vegetables (carrots, *green beans, yellow beans) Fresh Fruit	Yogurt Multigrain Trail Mix
WEDNESDAY	Whole Grain Banana Blueberry Oat Muffin Bite Fresh Fruit	Baked Veggie Tenders Lemon Herb Brown Rice *Spring Mix Salad Fresh Fruit	Fresh Fruit Spice Snaps
THURSDAY	Hard Boiled Egg Cracked Wheat Crackers	Lasagna Veggie Soup (mafalda pasta, soy protein, *spinach, squash) Multigrain Sourdough Bread Fresh Fruit **No Replacement Needed – Regular Meal is Vegetarian**	Cream Cheese Bagel Bites Fresh Vegetables
FRIDAY	Yogurt Fresh Fruit	Autumn Sun Spinach & Cheese Medallions with Creamy Garlic Bean Sauce *Spring Mix Salad Fresh Fruit **No Replacement Needed – Regular Meal is Vegetarian**	Whole Grain Harvest Apple Loaf Strawberry Apple 100% Fruit Puree

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WEEK 4

YUMMY

WINTER MENU 2026 - 2027

Weeks of: November 30th, December 28th, January 25th, February 22nd, March 22nd, April 19th

Vegetarian Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Vegan Stroganoff *Spring Mix Salad Fresh Fruit	Whole Grain Blueberry Round Fresh Fruit
TUESDAY	Whole Grain Cranberry Scone Raspberry Crumble 100% Fruit Puree	Egg, Vegetable & Orzo Soup (carrots, eggs, *leeks, orzo pasta) Whole Wheat Homestyle Bread Fresh Fruit *No Replacement Needed – Regular Meal is Vegetarian*	Veggie Confetti Salsa Multigrain Pita Crisps
WEDNESDAY	Yogurt Fresh Fruit	Butter Chickpeas (cauliflower, chickpeas, *mixed bell peppers, onions, *peas, squash) Couscous Fresh Fruit	Fresh Fruit Whole Grain Sundried Tomato Crackers
THURSDAY	Vegan Brioche Power Up Spread	Roasted Vegan Bites with Yummy Cranberry Sauce Brown Rice *Spring Mix Salad Fresh Fruit	Vegan Oatmeal Date Cookie Unsweetened Applesauce
FRIDAY	Raisin Oatmeal Bar	Broccoli & Cheddar Chowder (*broccoli, carrots, kidney beans, onions, potatoes) “Out of the Oven” Baguette Fresh Fruit *No Replacement Needed – Regular Meal is Vegetarian*	Fresh Carrots Whole Wheat Cheesy Garlic Pizza Square

Milk and/or Water are served with lunch and snacks

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WEEK 1

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WINTER MENU 2026 - 2027

Weeks of: November 9th, December 7th, January 4th, February 1st, March 1st & 29th, April 26th

Vegetarian Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Falafel Balls with Yummy Tomato Sauce Vegetable Pasta *Green & Yellow Beans Fresh Fruit	Whole Wheat Garlic Naan Marble Cheese Slice
TUESDAY	Waffles Chunky Mango Tropical 100% Fruit Puree	Korean Beans & Veggies (beans, *bell pepper strips, *broccoli, carrots, *green onions, mushrooms, *zucchini) Brown Rice Fresh Fruit	Yogurt Multigrain Trail Mix
WEDNESDAY	Whole Grain Banana Strawberry Oat Muffin Bite Fresh Fruit	Creamy Ravioli Soup (cheese ravioli, *spinach, white kidney beans) Light Rye Bread Fresh Fruit **No Replacement Needed – Regular Meal is Vegetarian**	Fresh Fruit Multigrain Crackers
THURSDAY	Hard Boiled Egg Roasted Red Pepper Crackers	Baked Veggie Tenders Barley Vegetable Risotto (barley, corn, *green peas, mushrooms) Fresh Fruit	Plant Based Cheeze Scones Steamed Vegetables
FRIDAY	Yogurt Fresh Fruit	Veggie Bean Taco Whole Wheat Tortilla *Broccoli & Carrots Fresh Fruit **No Replacement Needed – Regular Meal is Vegetarian**	Whole Grain Carrot Loaf Pear & Apple 100% Fruit Puree

Milk and/or Water are served with lunch and snacks

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WEEK 2

YUMMY

WINTER MENU 2026 - 2027

Weeks of: November 16th, December 14th, January 11th, February 8th, March 8th, April 5th

Vegetarian Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Chickpea Noodle Soup (carrots, celery, chickpeas, fresh noodles, *kale, onions, potatoes) Whole Wheat Bread Fresh Fruit	Whole Grain Apple Cinnamon Round Fresh Fruit
TUESDAY	Whole Grain Lemon Scone Dragon Fruit & Apple 100% Fruit Puree	Baked Veggie Tenders Mixed Grain Veggie Pilaf (*bell peppers, brown rice, corn, quinoa) Fresh Fruit	Tuscan Italian Salsa Multigrain Pita Crisps
WEDNESDAY	Yogurt Fresh Fruit	Tri Colour Cheese Tortellini with Rose Lentil Sauce *Broccoli & Cauliflower Fresh Fruit *No Replacement Needed – Regular Meal is Vegetarian*	Fresh Fruit Whole Grain Garden Veggie Bites
THURSDAY	Raisin Bread Plant Based Cream Cheeze	Baked Veggie Cutlet Whole Wheat Artisan Bun Mixed Vegetables (*broccoli, *green beans, orange & yellow carrots) Fresh Fruit	Vegan Whole Grain Cranberry Cookie Blueberry & Apple 100% Fruit Puree
FRIDAY	Blueberry Oatmeal Bar	Creamy Coconut Chickpea Stew (*bell peppers, carrot, cauliflower, chickpeas, onions, sweet potatoes, *zucchini) Brown Rice Fresh Fruit *No Replacement Needed – Regular Meal is Vegetarian*	Steamed Carrots Pizza Square

Milk and/or Water are served with lunch and snacks

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WEEK 3

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WINTER MENU 2026 - 2027

Weeks of: November 23rd, December 21st, January 18th, February 16th, March 15th, April 12th

Vegetarian Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Bean Pancit with Chow Mein Noodles (*broccoli, cabbage, carrots, cauliflower, chow mein noodles, kidney beans, *leeks) Fresh Fruit	Whole Wheat Naan Yummy Tomato Bruschetta
TUESDAY	Waffles Chunky Peach Tropical 100% Fruit Puree	Baked Veggie Cutlet Whole Wheat Bun Mixed Vegetables (carrots, *green beans, yellow beans) Fresh Fruit	Yogurt Multigrain Trail Mix
WEDNESDAY	Whole Grain Banana Blueberry Oat Muffin Bite Fresh Fruit	Baked Veggie Tenders Lemon Herb Brown Rice *Green Peas & Corn Fresh Fruit	Fresh Fruit Spice Snaps
THURSDAY	Hard Boiled Egg Cracked Wheat Crackers	Lasagna Veggie Soup (mafalda pasta, soy protein, *spinach, squash) Multigrain Sourdough Bread Fresh Fruit *No Replacement Needed – Regular Meal is Vegetarian*	Cream Cheese Bagel Bites Steamed Vegetables
FRIDAY	Yogurt Fresh Fruit	Autumn Sun Spinach & Cheese Medallions with Creamy Garlic Bean Sauce *Broccoli & Cauliflower Fresh Fruit *No Replacement Needed – Regular Meal is Vegetarian*	Whole Grain Harvest Apple Loaf Strawberry Apple 100% Fruit Puree

Milk and/or Water are served with lunch and snacks

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WEEK 4

YUMMY

WINTER MENU 2026 - 2027

Weeks of: November 30th, December 28th, January 25th, February 22nd, March 22nd, April 19th

Vegetarian Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Veggie Stroganoff *Broccoli & Carrots Fresh Fruit	Whole Grain Blueberry Round Fresh Fruit
TUESDAY	Whole Grain Cranberry Scone Raspberry Crumble 100% Fruit Puree	Egg, Vegetable & Orzo Soup (carrots, eggs, *leeks, orzo pasta) Whole Wheat Homestyle Bread Fresh Fruit *No Replacement Needed – Regular Meal is Vegetarian*	Veggie Confetti Salsa Multigrain Pita Crisps
WEDNESDAY	Yogurt Fresh Fruit	Butter Chickpeas (cauliflower, chickpeas, *mixed bell peppers, onions, *peas, squash) Couscous Fresh Fruit	Fresh Fruit Whole Grain Sundried Tomato Crackers
THURSDAY	Vegan Brioche Power Up Spread	Roasted Vegan Bites with Yummy Cranberry Sauce Brown Rice *Green & Yellow Beans Fresh Fruit	Vegan Oatmeal Date Cookie Unsweetened Applesauce
FRIDAY	Raisin Oatmeal Bar	Broccoli & Cheddar Chowder (*broccoli, carrots, kidney beans, onions, potatoes) “Out of the Oven” Baguette Fresh Fruit *No Replacement Needed – Regular Meal is Vegetarian*	Steamed Carrots Whole Wheat Cheesy Garlic Pizza Square

Milk and/or Water are served with lunch and snacks

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- Menu approved by a Registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes

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