

Little Lambs Christian Academy

Excellence Rooted in Christ.

Week One — Four-Week Rotating Menu

Toddler & Preschool Program • Approximately 12–47 Months

DAY	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday	Oatmeal; sliced banana; milk	Unsweetened applesauce; whole-grain crackers	Oven-baked tender chicken; brown rice; soft steamed broccoli; diced peaches; milk	Plain yogurt; soft blueberries
Tuesday	Scrambled eggs; whole-grain toast; diced peaches; milk	Banana; whole-grain crackers	Soft turkey meatballs; whole-grain pasta with mild tomato sauce; soft green beans; diced pears; milk	Whole-grain pita; hummus
Wednesday	Whole-grain pancakes; strawberries; milk	Yogurt; diced banana	Tender ground beef; mashed potatoes; soft steamed carrots; unsweetened applesauce; milk	Cheese; whole-grain crackers
Thursday	Whole-grain cereal; banana; milk	Soft pear; yogurt	Shredded chicken and brown rice bowl; soft peas and carrots; mandarin oranges; milk	Whole-grain toast; thin layer sunflower-seed butter*
Friday	Scrambled eggs; oatmeal; blueberries; milk	Unsweetened applesauce; whole-grain crackers	Turkey and cheese on soft whole-grain bread; mashed sweet potatoes; soft green beans; diced peaches; milk	Yogurt; soft fruit

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Week Two — Four-Week Rotating Menu

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DAY	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday	Whole-grain cereal; diced peaches; milk	Banana; yogurt	Tender oven-baked chicken; mashed sweet potatoes; soft green beans; diced peaches; milk	Cheese; whole-grain crackers
Tuesday	Scrambled eggs; whole-grain toast; banana; milk	Unsweetened applesauce; whole-grain crackers	Finely crumbled ground turkey and brown rice bowl; soft carrots; diced peaches; milk	Yogurt; soft blueberries
Wednesday	Oatmeal with diced pears; milk	Soft fruit; cheese	Soft beef meatballs; whole-grain pasta with mild tomato sauce; soft broccoli; unsweetened applesauce; milk	Whole-grain pita; hummus
Thursday	Whole-grain waffles; banana; milk	Yogurt; diced peaches	Tender shredded chicken; whole-grain pasta with mild tomato sauce; soft peas; diced pears; milk	Unsweetened applesauce; whole-grain crackers
Friday	Scrambled eggs; whole-grain toast; strawberries; milk	Banana; yogurt	Tender turkey burger patty; mashed potatoes; soft carrots; diced peaches; milk	Cheese; whole-grain crackers

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Week Three — Four-Week Rotating Menu

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DAY	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday	Oatmeal; banana; milk	Yogurt; diced peaches	Tender shredded chicken; brown rice; soft peas and carrots; diced pears; milk	Cheese; whole-grain crackers
Tuesday	Scrambled eggs; whole-grain toast; unsweetened applesauce; milk	Soft pear; yogurt	Soft turkey meatloaf; mashed potatoes; soft green beans; diced peaches; milk	Banana; whole-grain crackers
Wednesday	Whole-grain cereal; soft blueberries; milk	Unsweetened applesauce; cheese	Finely crumbled ground beef and brown rice bowl; soft broccoli; mandarin oranges; milk	Yogurt; soft fruit
Thursday	Whole-grain pancakes; banana; milk	Yogurt; diced peaches	Tender shredded chicken with whole-grain pasta; soft peas and carrots; diced pears; milk	Whole-grain pita; hummus
Friday	Scrambled eggs; whole-grain toast; diced peaches; milk	Banana; whole-grain crackers	Turkey and cheese on soft whole-grain bread; mashed sweet potatoes; soft peas; unsweetened applesauce; milk	Yogurt; soft blueberries

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Week Four — Four-Week Rotating Menu

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DAY	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday	Whole-grain cereal; banana; milk	Yogurt; diced pears	Tender oven-baked chicken; mashed potatoes; soft broccoli; diced peaches; milk	Cheese; whole-grain crackers
Tuesday	Scrambled eggs; whole-grain toast; diced peaches; milk	Unsweetened applesauce; yogurt	Soft turkey meatballs; brown rice; soft green beans; diced pears; milk	Banana; whole-grain crackers
Wednesday	Oatmeal; soft blueberries; milk	Soft fruit; cheese	Finely crumbled ground beef; mashed sweet potatoes; soft carrots; unsweetened applesauce; milk	Yogurt; whole-grain crackers
Thursday	Whole-grain waffles; banana; milk	Yogurt; diced peaches	Tender shredded chicken and brown rice bowl; soft peas and carrots; diced peaches; milk	Whole-grain pita; hummus
Friday	Scrambled eggs; whole-grain toast; diced pears; milk	Banana; yogurt	Finely crumbled ground turkey; whole-grain pasta with mild tomato sauce; soft broccoli; diced pears; milk	Cheese; whole-grain crackers; soft fruit

* Sunflower-seed butter is served only in an age-appropriate manner and subject to Little Lambs allergy procedures. Water is available throughout the day according to classroom procedures. Routine juice and sugar-sweetened beverages are not part of the regular menu.

Menu note: Meals emphasize familiar, developmentally appropriate foods. Standard lunches use chicken, turkey, and beef as the only meats; fish and seafood are not included. Food textures and serving sizes are modified by classroom and individual developmental needs. Menu items may change because of availability, substitutions, allergy needs, or operational considerations.