



Little Angels Learning Academy

A Division of the Education Institute, Inc.

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Food Menu #1

Week of: _____

4222 W. Sandy Street
Battlefield, MO 65619

Phone: #417-883-3100 * FAX: #417-886-3350

E-mail: rawoodhumiston@littleangelslearningacademy.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Whole Grain Mini Bagel w/ Cream Cheese Yogurt Blueberries	Milk Banana Quesadilla w/ Sun Butter Grilled in a Whole Wheat Tortilla	Milk HM Banana Muffins *Fresh Orange Slices (I/T Mandarin Oranges)	Milk HM Vegetable Frittata w/ Eggs w/ Variety of Diced Vegetables (tomatoes, peppers) and Topped with Shredded Cheese – Whole Wheat Toast	Milk Omelet w/Cheese Whole Wheat Biscuit Canned Mixed Fruit
LUNCH	Milk Cold Low-fat Ham Slice & American Cheese Roll in a Herb and Garlic Wrap Fresh Carrots w/ Ranch Dressing (<i>Mayonnaise and Mustard on Side</i>) <i>Pineapple Ring</i>	Milk HM Sloppy Joe Sliders w/ Ground Turkey on Whole Wheat Roll Green Beans Baked Sweet Potato Fries	Milk HM Potato Soup and Ham Shredded Cheddar Jack Cornbread Fresh Grapes	Milk Celery Stick, Cubed Turkey, Cubed Cheese Ranch Dressing Whole Wheat Bread Stick Fresh Apple Slices * *Applesauce for I/T	Milk Fish Taco Whole Wheat Tortilla Romaine Lettuce and Tomatoes Corn Canned Pears
SNACK	Water Cheese Stick Triscuits	Water Fresh Broccoli Florets w/ Ranch and Pretzels	Chocolate Milk Fresh Banana	Water Cottage Cheese Canned Peaches	Water Ham Slice Wheat Thins

- Menu items are subject to change depending upon availability of food items and children & teacher choices.
- Infant/toddler servings depend upon child's food plan and developmental level. Substitute items may include: Baked chicken, ham, pasta, cheese, diced fruit from toddler choices (pears, peaches, apples) as well as bananas, green beans, peas, cooked carrots, cooked broccoli and/or cauliflower, iron-fortified cereal, vegetable or fruit puffs, vegetable crackers, granola or fruit bars. Infants will not be served fish or eggs.
- All infants under age 1 will receive approved baby formula &/or breast milk (provided by parent) with meals and some snacks.
- All meals and snacks meet USDA federal food and MO Eat Smart Advanced Guidelines for balance, nutrition, whole grain, protein, vegetable, and fruit requirements.
- Children 2-years of age and older – Skim milk; children under 1-2 years of age – whole milk
- Whole Grain Foods/Whole Wheat/Corn Served: Buns, Sandwich Bread, Spaghetti, Bagels, English Muffins, Cereals, Tortillas
- Fruit Juice/Juice Pops = 100% Juice
- Nut Butter – Does not include Peanut Butter – LALA is Peanut-free Facility
- No syrups or jellies
- HM = Homemade

Saved as: food menus fall and winter 2014

Revised Fall 2014

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Food Menu #2

Week of: _____

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Phone: #417-883-3100 * FAX: #417-886-3350

E-mail: rawoodhumiston@littleangelslearningacademy.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Post Sesame Street Whole Grain Cereal Fresh Banana	Milk Scrambled Eggs Whole Wheat Toast Fresh Cantaloupe or Honeydew	Milk French Toast Sticks w/ Strawberries	Milk Oatmeal w/Raisins and Cinnamon	Milk HM Breakfast Casserole w/ Turkey, Croutons, Fresh Spinach, Shredded Cheddar Cheese, and Eggs w/ Mushroom Soup Fresh Orange Slices
LUNCH	Milk Pulled Pork Sandwich w/ Whole Wheat Slider Roll Pears Baked Sweet Potato Tater Tots	Milk HM Hamburger Stew (w/ diced potatoes, carrots, onion, beef broth) Whole Wheat Roll Fresh Orange Slices	Milk HM Beef Goulash w/ Whole Wheat Macaroni Fresh Cauliflower w/ Ranch Dressing Pineapple Slice	Milk Ham and Bean Soup Cornbread Cooked Carrots Grapes	Milk Chicken and Dumplings Fresh Broccoli Spears w/ Ranch Dressing Canned Peaches
SNACK	Milk Whole Grain Rice Cake	Milk HM Trail Mix (Corn Chex, Wheat Chex, Raisins, Pretzels)	Water Cucumber Sammies w/ Ham Slices	100% Fruit Juice Soft Pretzel	Water Ants on a Log (Sun Butter, Celery, Dried Cranberries)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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