THE OHIO STATE UNIVERSITY
SCHOENBAUM FAMILY CENTER

A. Sophie Rogers School for Early Learning
Autumn/ Winter Menu 2026-27

Week 1 of 4

Weeks beginning: Nov. 2, Nov. 29, Dec. 28, Jan. 25, Feb. 22, Mar. 22, Apr. 19

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Apples Oatmeal (HM)	Milk Oranges Scrambled Eggs Biscuits	Milk Fruit Blend Yogurt,Granola (HM)	Milk Bananas Eggs, Turkey Sausage	Milk Applesauce WG French Toast
Lunch	Milk Cheese Quesadilla (HM) WW Tortillas Beans and Corn Oranges Bananas (I&T)	Milk Italian Sausage Broccoli Peaches Pasta/Sauce WG Dinner Roll	Milk Rst Turkey (HM) Peas Potatoes Pineapple WG Dinner Roll	Milk Beef Lamb Gyro Gyro Sauce Cauliflower Cantaloupe WG Pita	Milk Tempura Chicken Stir-fried Vegetables Watermelon Brown Rice
Snack	Bananas Nut Free Trail Mix	Apples Slices Cheese Crackers	Marinara Whole-grain Garlic Breadsticks	Peaches (I&T) Soft Pretzel Bites Cheese Cubes	Sliced Pears Animal Crackers

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Week 2 of 4

Weeks beginning: Nov. 9, Dec. 7, Jan. 4, Feb. 1, Mar. 1, Mar. 29, Apr. 26

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Bananas Cheerios	Milk Fruit Smoothies Whole Oat Square (HM)	Milk Oranges, Potatoes Scrambled Eggs (HM)	Milk Fruit Blend Overnight Oats	Milk Applesauce Pancakes (HM)
Lunch	Milk Cheese Pizza (HM) Cauliflower Grapes	Milk Turkey Stew Grn Beans Pears Dinner Roll	Milk Rst Chicken Corn Pineapple Cilantro Rice Dinner Roll	Milk Chicken Stir-Fry (HM) Broccoli Peaches Brown Rice	Milk Shredded Chicken Green Peas Melon Blend Egg Noodles Dinner Roll
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 beginning: Nov. 16, Dec. 14, Jan. 11, Feb. 8, Mar. 8, Apr. 5

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Apples Oatmeal (HM)	Milk Oranges Scrambled Eggs Biscuits	Milk Fruit Blend Yogurt, Granola (HM)	Milk Bananas Scrambled Eggs Turkey Sausage	Milk Applesauce WG French Toast Sticks
Lunch	Milk Cheese Ravioli Rst Chicken Brst Alfredo Sauce (HM) Peas Honeydew Melon WG Roll	Milk Sloppy Joes (HM) Grn Beans Pineapple WG Bun	Milk Chicken Schwarma (HM) Cauliflower Mango Rice Pilaf	Milk Rst Pork Loin Rst Root Vegetables Brn Rice Grapes WG Dinner Roll	Milk Chicken Tacos (HM) Corn Melon Blend Flour Tortillas
Snack	Bananas Nut-Free Trail Mix	Apple Slices Cheese Crackers	Fruit blend (I&T) Marinara Garlic Breadsticks	Peaches (I&T) Soft Pretzel Bites Cheese Cubes	Sliced Pears Animal Crackers

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Week 4 of 4

Weeks beginning: Nov. 22, Dec. 21, Jan. 18, Feb. 15, Mar. 15, Apr. 12

Meal Period	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Bananas Cheerios	Milk Fruit Smoothies (HM) Whole Oat Square (HM)	Milk Oranges, Potatoes Scrambled Eggs (HM)	Milk Fruit Blend Overnight Oats (HM)	Milk Applesauce Pancakes (HM)
Lunch	Milk Grilled Cheese(HM) Wheat Bread Vegetable Soup (HM) Grapes	Milk Tikka Chicken Cauliflower Mango Brn Basmati WG Dinner Bun	Milk Chili (HM) Corn Peaches WG Dinner Roll	Milk Rst Chicken (HM) Carrots Melon Blend Pasta/Red Sc Dinner Roll	Milk Rst Chicken Couscous Green Peas Watermelon WG Dinner Roll
Snack	Tortilla Chips Salsa Oranges	Grapes Whole Wheat Crackers Cheese Cubes	Sliced Pears Banana Bread	Apple Slices Toasted Cheddar Flatbread	Banana Slices Graham Crackers

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