

Little Feet Montessori School

Spring Two-Week Menu (CCLS Compliant)

Week One	AM Snack	Lunch	PM Snack	Additional Snack
Mon	Oatmeal & strawberries	Butter chicken & rice	Fruit	Crackers & cheese
Tue	Toast & egg	Pigeon pea coconut curry & rice	Fruit	Yogurt
Wed	Banana pancakes	Lasagna & garlic bread	Fruit	Cheese & crackers
Thu	Yogurt & berries	Chicken noodle soup	Fruit	Raisin toast
Fri	Egg wrap	Fish tacos	Fruit	Bagel & cream cheese
Week Two	AM Snack	Lunch	PM Snack	Additional Snack
Mon	Oatmeal & apple	Chili & rice	Fruit	Crackers & cheese
Tue	Pancakes	Beef tacos	Fruit	Yogurt
Wed	Toast & pear	Vegetable pasta	Fruit	Hummus & cucumber
Thu	Banana & yogurt	Lemon chicken & rice	Fruit	Raisin toast
Fri	Oatmeal & berries	Turkey meatballs & pasta	Fruit	Crackers & cheese

Nutrition at Little Feet Montessori School

Our Philosophy

At Little Feet Montessori School, nutrition is part of learning. We provide fresh, wholesome meals that support each child's growth, development, and independence.

Protein for Growth

Chicken, beef, lentils, pigeon peas, eggs, and yogurt help build strong muscles and support brain development.

Healthy Fats for the Brain

Fish, coconut, dairy, and eggs provide essential fats that support brain function, focus, and emotional balance.

Fiber for Digestion

Whole grains, fruits, vegetables, beans, and legumes help maintain healthy digestion and gut health.

Iron for Energy

Beef, lentils, chickpeas, spinach, and raisins support healthy blood and sustained energy levels.

Calcium for Strong Bones

Yogurt, cheese, and dairy products help develop strong bones and teeth.

Vitamins for Immunity

Fresh fruits and vegetables such as berries, apples, spinach, and carrots strengthen the immune system.

Our Commitment

- Fresh, home-style meals prepared daily
- No preservatives or processed foods
- Exposure to diverse global cuisines
- No portion limits – children eat to satisfaction
- Supporting independence and healthy eating habits