

Alexandra Day Care Summer Menu (Week 1)

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Mid -Morning Snack	Cereal Milk	Banana Yogurt Water	Cereal Milk	Toast with Wow butter	Cereal Milk
Lunch Meat or Alternative	Fish	Roasted Chicken	Tuna	Chicken Pizza	Cold Cuts Melts
Grain Products		Rice	Pasta	Pizza Crust	Bread
Vegetables	Potatoes Pickles	Honey Glazed Carrots	Celery Corn Chick peas Green onions Red pepper	Peppers Onion Zucchini Carrots	Veggie tray
Milk Product	Milk	Milk	Milk	Milk Cheese	Milk
Fruit or Occasional Other Dessert	Oranges	Pears	Bananas	Pineapple	Apples
Other Foods		Gravy	Mayo/mustard dressing	Pizza Sauce	cheese
Mid -Afternoon Snack	Raisin Bread Water	Unsweetened Apple Sauce Rice Krispies	Rice Cakes And Wow Butter	Fruit plate Water crackers	Pita Cheese Water

Alexandra Day Care Summer Menu (Week 2)

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Mid -Morning Snack	Cereal Milk	Raisin Bread Water	Cereal Milk	Whole Wheat Toast Honey /wow butter	Cereal Milk
Lunch Meat or Alternative	Turkey Cold cuts	Pork/Beef mix Meat Balls	Sausage	Ham	Bacon Egg Quiche
Grain Products	Wraps	Pasta	Potatoes	Rice	Bread
Vegetables	Peppers Cumbers Broccoli Celery Cherry tomatoes	Onions Garlic Peppers Mushrooms Celery	Cucumber Salad	Corn Garlic Celery Peppers Green Onions	Spinach Peppers Onion Garlic
Milk Product	Milk / Cheese	Milk / Cheese	Milk	Milk	Milk / Cheese
Fruit or Occasional Other Dessert	Berries	Watermelon	Berries	Bananas Strawberries	Apples
Other Foods		Rose Sauce		Soy sauce	Eggs
Mid -Afternoon Snack	Banana Bread Water	Banana Yogurt Water	Raisins Cereal Mix Water	Bagels Cream Cheese Water	Fruit Plate Crackers Water

Alexandra Day Care Summer Menu (Week 3)

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Mid -Morning Snack	Cereal Milk	Whole Wheat Toast Honey Wow Butter Water	Cereal Milk	Cereal Milk	Scrambled Eggs /Toast
Lunch Meat or Alternative	Chicken Nuggets	Ground Beef	Chicken Quesadilla	Pork Casserole	Cold Cuts
Grain Products		Spaghetti	Wraps	Rice	Bread
Vegetables	Mashed Potatoes Pickles	Carrots Peppers Onions Celery garlic	Peppers Cucumbers Tomatoes Celery	Cabbage Onions Carrots Garlic Ginger	Peppers Cucumbers Celery
Milk Product	Milk	Milk	Milk Cheese	Milk	Milk
Fruit or Occasional Other Dessert	Oranges	Bananas	Apples	Pears	Melon
Other Foods			Veggie plate		Veggie Plate
Mid-Afternoon snack	Pita Hummus Water	Bananas Natural yogurt Water	Baked goods Water	Fruit Plate Rice Cakes Water	Gold Fish Crackers Apples

Alexandra Day Care Summer Menu (Week 4)

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Mid -Morning Snack	Cereal Milk	Cereal Milk	Yogurt Banana	Cereal Milk	Raisin bread water
Lunch Meat or Alternative	Chicken Breast Soup	Cold cuts	Alfredo Chicken	Pulled Pork	Sausage
Grain Products	Rice	Bread	Pasta	Buns	Potatoes
Vegetables	Mixed Vegetables	Peppers Tomatoes Cucumber Broccoli	Peppers Broccoli	Vegetable tray	Peppers Cucumbers Tomatoes
Milk Product	Milk	Milk Cheese	Milk	Milk	Milk
Fruit or Occasional Other Dessert	Oranges	Apples	Apples	Pears	Oranges
Other Foods					
Mid -Afternoon Snack	Muffins	Apple sauce /rice krispies water	Natural Yogurt bananas	Rice cakes with wow butter water	Fruit Plate Crackers Water