

## Alexandra Day Care Menu (Week 1)

<b>Meal Pattern</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Mid-Morning Snack</b>	Cereal Milk	Toast and honey Water	Banana Yogurt Water	Cereal Milk	Home baked muffins
<b>Lunch Meat or Alternative</b>	Fish	Roasted Chicken	Beef Sheppard's pie	Pepperoni Pizza	Sausages
<b>Grain Products</b>		Rice		Pizza Crust	
<b>Vegetables</b>	Potatoes Pickles	Honey Glazed Carrots	Carrots Celery Peas Corn potatoes	Peppers Onion	Potatoes
<b>Milk Product</b>	Milk	Milk	Milk	Milk Cheese	Milk
<b>Fruit or Occasional Other Dessert</b>	Apples	Pears	Oranges	Pineapple	Bananas
<b>Other Foods</b>		Gravy		Pizza Sauce	Veggie tray peppers cucumbers celery
<b>Mid-Afternoon Snack</b>	Pepper Cucumbers Pita Cheese Water	Raisin Bread Water	Fruit plate Crackers Water	Naan And Wow Butter	Unsweetened Apple Sauce Rice Krispies

## Alexandra Day Care Menu (Week 2)

<b>Meal Pattern</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Mid-Morning Snack</b>	Cereal Milk	Baked goods Water	Cereal Milk	Whole Wheat Toast Honey	Cereal Milk
<b>Lunch Meat or Alternative</b>	Cheddar Cheese	Meat Loaf (No Eggs)	Chicken quesadillas	Beef Chilli	Cauliflower soup
<b>Grain Products</b>	Macaroni		Wrap	Rice	Bread
<b>Vegetables</b>	Broccoli	Potatoes Onions Garlic	Peppers Onion	Corn Beans Garlic Carrots Celery peppers	Cauliflower Carrots Potatoes
<b>Milk Product</b>	Milk	Milk	Milk Cheese	Milk	Milk Cheese
<b>Fruit or Occasional Other Dessert</b>	Melon	Bananas	Oranges	Pineapple / Fruit Cocktail	Apples
Side dishes <b>Other Foods</b>		Salad	Veggie tray	Tomato sauce	Heavy Cream
<b>Mid-Afternoon Snack</b>	Veggie tray Cucumber Celery Pepper Crackers	Natural Yogurt Bananas Water	Fruit Plate Crackers Water	Raisins Cereal Mix Water	Bagels Cream Cheese Water

--	--	--	--	--	--

## Alexandra Day Care Menu (Week 3)

<b>Meal Pattern</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Mid-Morning Snack</b>	Cereal Milk	Whole Wheat Toast Honey Wow Butter	Cereal Milk	Homemade Muffins Milk	Scrambled eggs
<b>Lunch Meat or Alternative</b>	Chicken Nuggets	Ground Beef	Chicken Soup	Pork Casserole	Meat balls
<b>Grain Products</b>		Spaghetti	Whole Wheat Bread Pasta	Rice	
<b>Vegetables</b>	Mashed Potatoes Pickles	Carrots Peppers Onions Celery garlic	Carrots Celery Onion Parsnip	Cabbage Onions Carrots Garlic	Potatoes  Veggie tray peppers cucumbers celery
<b>Milk Product</b>	Milk	Milk	Milk	Milk	Milk
<b>Fruit or Occasional Other Dessert</b>	Pears	Apples	Oranges	Bananas	Apples
<b>Other Foods</b>					Gravy
<b>Mid-Afternoon snack</b>	Baked Loaf Water	Fruit Plate Rice Cakes Water	Bananas Natural yogurt Water	Pita Hummus Water	Veggie tray Crackers Cheese water

## Alexandra Day Care Menu (Week 4)

<b>Meal Pattern</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Mid-Morning Snack</b>	Cereal Milk	Whole Wheat Bagels Cream Cheese water	Cereal Milk	Water Natural Yogurt Water	Cereal Milk
<b>Lunch Meat or Alternative</b>	Chicken Breast Soup	Alfredo Chicken	Pulled Pork	Gumbo Sausage	Pork Beef Stew
<b>Grain Products</b>	Rice	Pasta	Bun	Rice	crackers
<b>Vegetables</b>	Bean / Carrot mix	Red Peppers Broccoli Garlic Onions	Vegetable tray	Chick peas Peppers Zucchini Onions Mushrooms	Potatoes Peppers Celery Carrots Tomatoes cabbage
<b>Milk Product</b>	Milk	Milk	Milk	Milk	Milk
<b>Fruit or Occasional Other Dessert</b>	Apples	Bananas	Oranges	Apples	Pears
<b>Other Foods</b>					
<b>Mid-Afternoon Snack</b>	Applesauce Rice krispies Water	Fruit Plate Crackers Water	Cheese and apples Cracker water	Hummus and Naan bread	Natural Yogurt bananas