

## Alexandra Day Care Summer 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	Banana Yogurt Water	Cereal Milk	Toast with honey	Cereal Milk
<b>Lunch Meat or Alternative</b>	Fish	Roasted Chicken	Tuna	Pepperoni Pizza	Cold Cuts Melts
<b>Grain Products</b>		Rice	Pasta	Pizza Crust	Bread
<b>Vegetables</b>	Potatoes Pickles	Honey Glazed Carrots	Celery Corn Chick peas Green onions Red pepper	Peppers Onion	Veggie tray
<b>Milk Product</b>	Milk	Milk	Milk	Milk Cheese	Milk
<b>Fruit or Occasional Other Dessert</b>	Oranges	Pears	Bananas	Pineapple	Apples
<b>Other Foods</b>		Gravy	Mayo/mustard dressing	Pizza Sauce	cheese
<b>Mid-Afternoon Snack</b>	Raisin Bread Water	Unsweetened Apple Sauce Rice Krispies	Baked goods	Fruit plate Water crackers	Pita Cheese apple Water

## Alexandra Day Care Summer 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	Raisin Bread Water	Cereal Milk	Whole Wheat Toast Honey	Cereal Milk
<b>Lunch Meat or Alternative</b>	Turkey Cold cuts	Beef Stroganoff	Sausage	Ham	Chicken
<b>Grain Products</b>	Wraps	Egg Noodles Pasta	Potatoes	Rice	Pasta Salad
<b>Vegetables</b>	Peppers Cumpers Broccoli	Onions Garlic Peppers Mushrooms	Cucumber Salad	Corn Garlic Celery Peppers Green Onions	Peppers Onion Garlic
<b>Milk Product</b>	Milk / Cheese	Milk /heavy cream	Milk	Milk	Milk / Cheese
<b>Fruit or Occasional Other Dessert</b>	Pears	Watermelon	Oranges	Bananas / Strawberries	Apples
<b>Other Foods</b>				Soy sauce	Creamy dressing
<b>Mid-Afternoon Snack</b>	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)

<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 Water	Cereal Milk	Scrambled Eggs /Toast	Cereal Milk
<b>Lunch Meat or Alternative</b>	Chicken Nuggets	Ground Beef	Chicken Quesadilla	Mexican Chicken Rice	Ham
<b>Grain Products</b>		Spaghetti	Wraps	Rice	Sweet Bread
<b>Vegetables</b>	Mashed Potatoes Pickles	Carrots Peppers Onions Celery garlic	Peppers Corn Veggie Plate - Cucumbers Tomatoes Celery	Carrots Garlic Peppers Cucumbers Tomatoes Celery	Veggie Tray Peppers Cucumbers Celery
<b>Milk Product</b>	Milk	Milk	Milk Cheese	Milk	Milk
<b>Fruit or Occasional Other Dessert</b>	Oranges	Apples	Bananas	Pears	Melon
<b>Other Foods</b>					
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)

<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	Eggs Milk	Yogurt Banana	Cereal Milk	Raisin bread water
<b>Lunch Meat or Alternative</b>	Chicken Breast Spanish	Cold cuts	Alfredo Chicken	Pulled Pork	Sausage
<b>Grain Products</b>	Rice	Bread	Pasta	Buns	Potatoes
<b>Vegetables</b>	Mixed Vegetables	Peppers Tomatoes Cucumber Broccoli	Peppers Broccoli	Vegetable tray	Peppers Cucumbers Tomatoes
<b>Milk Product</b>	Milk	Milk Cheese	Milk	Milk	Milk
<b>Fruit or Occasional Other Dessert</b>	Oranges	Berries or Melon	Apples	Pears	Oranges
<b>Other Foods</b>					
<b>Mid-Afternoon Snack</b>	Muffins	Apple sauce /rice krispies water	Pita Cheese Apples Water	Yogurt Bananas Water	Fruit Plate Crackers Water