



ALEXANDRIA ADULT DAY SERVICES CENTERS BREAKFAST, LUNCH, AND SNACK – JULY MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		1 2 oz WG Bagel butter 1 oz Swiss Cheese ½ c Orange Juice 1 c Fruit Salad 1 c Milk	2 1 c WG Raisin Bran Flakes 1 oz WG Toast Butter 1 TBSP Peanut Butter ½ c Cran Apple Juice 1 Medium Banana, ¼ c raisins 1 c Milk	3 3 oz WG Blueberry Muffin Butter 4 oz yogurt ½ c Apple Juice 1 c Cantaloupe 1 c Milk	4 INDEPENDENCE DAY
HOT LUNCH		1.5 c Spaghetti & Meat Sauce 3 oz <i>m/ma</i> , 1.5 oz <i>grain</i> ½ c Broccoli ½ c Sauteed Summer Squash ½ c Tangerine 1 oz WG Roll w/ butter 1 c Milk Veg: Spaghetti w/ Cheese	2 Oven Fried Chicken Legs 3 oz 2 oz WG Biscuit w/ butter ½ c Mashed sweet potatoes ½ c 4 way vegetable mix ½ c Watermelon 1 c Milk Veg. 3 oz Vegan Nuggets	3 oz 3 oz Hamburger Patty w/ Lettuce, Tomato, Onion Ketchup/Mustard/Mayo 1 WG Bun 2 oz ½ c Baked beans ½ c Cheesy Broccoli ¾ c Blueberry cobbler 1 c Milk Veg: Veggie Burger w/ Lettuce, Tomato, and Onion	
PM SNACK		½ c Fruited Yogurt 1 oz WG Granola	1 WG Biscuit w Jelly ½ c Pineapple Tidbits	½ c Diced Honeydew 2 oz Mini muffin	



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BREAKFAST	7 <u>Hot</u> Sunshine Taco ¼ c Egg & Cheese 2 WG Flour Tortilla 6 Inch ½ c Tomato Juice 1 c Tropical Fruit Salad (Pineapple Papaya Guava) 1 c Milk	8 Yogurt Bowl ** ½ c Plain Yogurt 1 oz m/ma ½ c WG Granola 2 oz 1 c Fresh Fruit Salad (Honeydew, Cantaloupe , Pineapple) ½ c Orange Juice 1 c Milk	9 1 c WG Corn Flakes Cereal 1 oz WG Toast 1 TBSP Almond Butter ½ c Cantaloupe 1 c Apple Slices alt 1 c Applesauce 1 c Milk	10 2 oz WG Biscuit Honey & Butter 1 String cheese 1 c Strawberries ½ c Cran-Apple Juice 1 c Milk	11 <u>Hot</u> 2 WG French Toast (2 oz) Syrup 1 oz LS Turkey Sausage 1 c Diced Pears ½ c Grape Juice 1 c Milk
HOT LUNCH	1.5 c Chicken Tikka Masla 3 oz <i>chicken</i> , 2 oz <i>tikka sauce</i> 1 c Basmati Rice ½ c Sauteed Spinach ½ c Ginger Cauliflower ½ c Mandarin Orange 1 c Milk Veg: 3 oz Chickpea marsala	3 oz Meatloaf w/ Gravy 2 oz Cornbread ½ c Broccoli ½ c Scalloped Potatoes ½ c Banana 1 c Milk Veg : Vegan Beef Strips	2 c Chicken Spinach Alfredo Bake (3 oz <i>M/MA</i> , 1 oz <i>grain</i>) 1 oz WG Biscuit w Butter ½ c Roasted beets ½ c Italian Vegetables ½ c Strawberries 1 c Milk Veg: 3 oz Chix strips	3 oz Oven Roasted Haddock ½ c WG Quinoa 1 oz Dinner Roll w Butter ½ c Baked Beans ½ c Kale ¾ c Cherries 1 c Milk Veg: Vegan Fish Patty	1 ¼ c Vegetarian Lasagna 3ozm/ma, ½ c <i>noodles (1 oz grain)</i> 1 oz Garlic Bread ½ c Broccoli & Cauliflower ½ c Cannellini bean ½ c Tangerine 1 c Milk Veg: Same
PM	1 oz WW Crackers ¾ oz IW Cheddar Cheese	½ c zucchini sticks w/Honey Mustard Dip ¾ oz WG Goldfish	2 oz Blueberry Mini Muffin ½ c Peaches	½ c Mixed Berries ½ c Cottage Cheese	2 Graham Crackers (1oz) ½ c (4 oz)Vanilla Yogurt



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BREAKFAST	Hot Cheesy Grits ½ c Hot Grits ¼ c Shredded Cheddar ½ WG English Muffin (1 oz WG) w/ PC Jelly 1 c Melon Salad ½ c Pineapple Juice 1 c Milk	1 c WG Crispy Rice Cereal 1 oz WG Toast butter 1 TBSP Almond Butter 1 Medium Banana 1 c Orange Juice 1 c Milk	1 c WG Chex Cereal 1 oz WG Toast butter 1 oz Cheddar Cheese 1 c Fruit Cocktail ½ c Cran-Apple Juice 1 c Milk	2 oz WG Biscuit Butter and Jelly 1 String Cheese 1 c Honeydew ½ c Apple Juice 1 c Milk	Hot 1 c Roasted Potatoes & Turkey Hash ¾ c veg 1 1/8 oz m/ma 1 WG English Muffin Butter ½ c steamed greens (in hash) ½ c Grape Juice 1 c Milk
HOT LUNCH	Chinese Style Vegetables w/ Teriyaki Salmon (3 oz M/MA, 1 oz veg.) 2 oz Brown Rice ½ c Sautéed Spinach ½ c Edamame ½ c Orange Wedges 1 c Milk Veg: Teriyaki Tofu	2 Oven Fried Chicken Legs 3 oz 2 oz WG Corn Muffin w Butter ½ c Kale ½ c Creole Style Black Eyed Peas ¾ c Cherry Cobbler 1 c Milk Veg: 3 oz Chicks Strips	Cheesy Italian Rice and Meatball 3 oz m/ma meatball, 1 oz grain equivalent, ¾ cup red/orange veg 1 oz WG Roll w Butter ½ c Sautéed Squash ½ c Corn ½ c Watermelon 1 c Milk Veg: ¾ cup added beans, soy meatballs	3 oz Chicken in Orange Sauce 1 c WG Rice ½ c Stir Fry Vegetables (Broccoli, Green beans, Mushrooms, peppers) ½ c Cauliflower ½ c Berries 1 c Milk Veg: 3 oz chix strips in orange sauce	1 ¼ c Macaroni & Cheese 1 ½ oz Cheese, 1 c noodles 7.1 oz ½ c Vegetarian Baked Beans 2 oz m/ma ½ c Cucumber Salad ½ c Stewed Tomatoes 1/2 c Grapes 1 c Milk Veg: Same
PM SNACK	½ WG English Muffin 2 TBSP Sunbutter	½ c Pineapple Tidbits 1 oz WG Goldfish	1 oz Turkey Slice 1 oz Cheese Slice 8 WG Ritz Crackers	2oz Mini Muffin ½ c Tropical Fruit Salad	½ c Vanilla Yogurt ½ c Pears



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BREAKFAST	21 <u>Hot</u> 2oz WG French Toast Sticks & Syrup 1 oz LS Turkey Sausage 1 c Pears ½ c Pineapple Juice 1 c Milk	22 1 c WG Raisin Bran Flake Cereal 1 oz WG Toast butter 1 TBSP Peanut Butter 1 c Fruit Cocktail 1 Medium Banana 1 c Milk	23 8 oz Fruited Yogurt ½ c Nut free Granola 1 c Mixed Berries ½ c Cran-Apple Juice 1 c Milk	24 2 oz WG Blueberry Muffin 4 oz yogurt 1 c Honeydew ½ c Grape Juice 1 c Milk	25 <u>Hot</u> Eve on a Raft 1 Egg patty 2 WG Wheat Toast 2oz Butter 1 c Baked Apple ½ c Orange Juice 1 c Milk
HOT LUNCH	#12 scoop Korean Beef Over Jasmine Rice (3 ounce eq. M/MA and 1.25 ounce eq. Grain) ½ c Jasmine Rice 1 WG Roll w/ butter 1 c Garlic Seasoned Green Beans ½ c Mango 1 c Milk Veg: Korean Soy Beef over WG Rice	3 oz Salisbury Steak w/ mushroom gravy 2 oz WG Roll w. Butter ½ c Smashed Red Potatoes ½ c Catalina Vegetables (broccoli, green beans, carrots, red peppers) ½ c Clementine 1 c Milk Veg: 3 oz vegetarian patty	3 oz Yangs Teriyaki Chicken 2 oz WG Asian noodle (mushroom and veg) ½ c Edamame ½ c Pears ½ c Carrots 1 c Milk Veg: Chicken Strips Veg	3 oz Grilled Pollock Fish w/ Tarter Sauce 2 oz WG Roll ½ c Sweet potato ½ c Steamed garlic Kale 1 Banana 1 c Milk Veg Vegan Fish Patty (3 count)	2 c Ground Turkey Spanish Rice (1/2 c veg, 2 oz M/MA, 2 oz WG) 1 oz String Cheese ½ c Black beans ¾ Peach Cobbler 1 c Milk Veg: 2 cups black beans Spanish rice
PM	1 oz Cheddar Cheese 2 oz Mini Muffin	4 Squares Graham Crackers (1 oz) ½ c Tootie Fruity Chip Dip (Peach and Apple)	½ Pint Milk 1 c WG Chex Cereal (1 oz)	½ c Cantaloupe 4 oz Vanilla Yogurt	¼ c Pimento Cheddar Cheese 1 ½ oz m/ma 1 oz WW Bread



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BREAKFAST	28 Hot 2"x3 ¾" Maple WG French Toast w Fennel Turkey sausage 1 c Sweet Potato & Kale Hash ½ c Orange Juice 1 c Milk	29 1 c Cheerios Cereal ½ WG English Muffin w 1 TBSP Sunbutter 1 Banana 1 c Melon Salad 1 c Milk	30 3 oz WG Apple Muffin 1 string cheese ½ c Prune Juice 1 c Grapes 1 c Milk	31 1 c Crispy Rice Cereal 1 oz WG Toast w 1 TBSP Almond Butter ½ c Apple Juice 1 c Mixed Fruit Salad 1 c Milk	
HOT LUNCH	1.5 c Chicken Carnitas Sorghum Burrito Bowl (1 oz WG , 3 oz M/M/A , ¾ c vegt – <i>roasted peppers, avocado</i>) (bean included) 1 oz Pita Bread 1/2 c Elotes ½ c Pears 1 c Milk Veg 1 c Bean Sorghum Burrito Bowl	3 oz Cod Filet 2 oz WG Noodles w/ butter ½ c Creamed Spinach ½ c Carrots ½ c Oranges 1 c Milk Veg: Vegan Fish	Korean Beef over Quinoa ½ c Quinoa , 1/3 c beef 1 oz <i>grain</i> 3 oz m/ma 1 oz WG Roll w Butter ½ c Broccoli ½ c Sweet Potato ½ c Watermelon 1 c Milk Veg: Vegan Beef	3 oz Turkey Burger w/ LTO 2 oz WG Bun ½ c Snap Peas ½ c Zucchini ½ c Pineapple 1 c Milk Veg: Black Bean Burger	
PM SNACK	½ c Hummus ½ c zucchini sticks	1 oz Turkey on a 1 oz WG slider bun	Cheese Wrap 1 oz Cheddar Cheese 1 WG Tortilla	½ c Tropical Fruit Salad 1 oz String Cheese	