



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	1 Hot 2oz WG French Toast Sticks & Syrup 1 oz LS Turkey Sausage 1 c Pears ½ c Pineapple Juice 1 c Milk	2 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	3 MYO Parfait 8 oz Fruited Yogurt ½ c Nut free Granola 1 c Mixed Berries ½ c Cran-Apple Juice 1 c Milk	4 2 oz WG Blueberry Muffin 4 oz Vanilla yogurt 1 c Honeydew ½ c Grape Juice 1 c Milk	5 Hot, 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 <i>Veg: Korean Soy Beef over WG Rice</i>	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 <i>Veg: 3 oz vegetarian patty</i>	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 <i>Veg: Chicken Strips Veg</i>	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 <i>Veg: Vegan Fish Patty (3 count)</i>	2 c Ground Turkey Spanish Rice (1/2 c veg, 2 oz M/MA, 2 oz WG) 1 oz String Cheese ½ c Kidney Beans ¾ Peach Cobbler 1 c Milk <i>Veg: 2 cups black beans Spanish rice</i>
PM SNACK	½ c Peaches 1 oz Mini Muffin	8 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	<p>8</p> <p>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</p>	<p>9</p> <p>1 c Cheerios Cereal ½ WG English Muffin w 1 TBSP Sunbutter 1 Banana 1 c Melon Salad 1 c Milk</p>	<p>10</p> <p>3 oz WG Apple Muffin 1 string cheese ½ c Prune Juice 1 c Grapes 1 c Milk</p>	<p>11</p> <p>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</p>	<p>12</p> <p>Hot ½ c Cream of Wheat 1 oz WG Toast w Butter 1 SI Cheddar Cheese ½ c Cran-Apple Juice 1 c Berries 1 c Milk</p>
HOT LUNCH	<p>1.5 c Chicken Carnitas Sorghum Burrito Bowl (1 oz WG, 3 oz M/MA, ¾ c vegt – roasted peppers, avocado) (bean included) 1 oz Pita Bread 1/2 c Elotes ½ c Pears 1 c Milk</p> <p><i>Veg: 1 c Bean Sorghum Burrito Bowl</i></p>	<p>3 oz Cod Filet 2 oz WG Noodles w/ butter ½ c Creamed Spinach ½ c Carrots ½ c Oranges 1 c Milk</p> <p><i>Veg: Vegan Fish</i></p>	<p>Korean Beef over Quinoa ½ c Quinoa, 1/3 c beef 1 oz grain 3 oz m/ma 1 oz WG Roll w Butter ½ c Snap Peas ½ c Sweet Potato ½ c Watermelon 1 c Milk</p> <p><i>Veg: Vegan Beef</i></p>	<p>3 oz Turkey Burger w/ LTO 2 oz WG Bun ½ c Summer Squash ½ c Zucchini ½ c Pineapple 1 c Milk</p> <p><i>Veg: Black Bean Burger</i></p>	<p>3 oz Yangs Orange Chicken 2 oz WG Rice ½ c Broccoli ½ c Edamame ½ c Mixed Fruit Cup 1 c Milk</p> <p><i>Veg: Vegan chicken nuggets</i></p>
PM SNACK	<p>½ c Hummus ½ c zucchini sticks</p>	<p>1 oz Turkey on a 1 oz WG slider bun</p>	<p>Cheese Wrap 1 oz Cheddar Cheese 1 WG Tortilla</p>	<p>½ c Tropical Fruit Salad 1 oz String Cheese</p>	<p>½ c Peaches 4 Graham Crackers</p>



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BREAKFAST	15	16	17	18	19	20	21	22	23
	Hot 2 WG French Toast (2 oz) Syrup 1 oz LS Turkey Sausage 1 c Diced Peaches ½ c Grape Juice 1 c Milk								
	1 c WG Chex cereal 1 WG Toast 1 oz Butter 1 TBSP Peanut Butter ½ c Pineapple Juice ¼ c Raisins 1 Medium Banana 1 c Milk								
HOT LUNCH	2 c Chicken Spaghetti (3 oz MMA/2 oz WG grain) ½ c Lima Beans ½ c Spinach ½ c Pineapple 1 c Milk <i>Veg: Vegan Nuggets Chicken Spag</i>								
	1 Stuffed pepper (3 oz ground beef, ½ cup WG Rice, 1 whole pepper) 2 oz WG Biscuit w/ Butter ½ c Carrots 1 Fresh Peach 1 c Milk <i>Veg: 3 ounces Soy Protein in Pepper</i>								
	1.5 c Hawaiian Chicken Coconut Rice 3oz MMA, ¼ c fruit, 1.25 oz grain 1 oz WG Pita ½ c Edamame ½ c Green Beans ½ c Tropical Fruit 1 c Milk <i>Veg: Vegan Nuggets Coconut Rice</i>								
PM SNACK	1 WG Biscuit Jelly ½ c Tropical Fruit Salad Pineapple Papaya Guava								
	1 oz WG Granola ½ c (4 oz) Vanilla Yogurt								
	1 oz WW Wheat Crackers 2 IW Cheddar Cheese 1.5oz e								
	3 oz WG Bran Muffin Butter 4 oz Fruited Yogurt ½ c 100% Cran-Apple 1 c Melon Salad 1 c Milk	1 Cheese Omelet 3.5 oz 1 oz m/ma 1 WG English Muffin 2 oz w PC Jelly & Butter 1 c Diced Pears ½ c Orange Juice 1 c Milk	3 oz Baked Cajun Fish (3 oz m/ma) 1 c Mushroom Rice Pilaf WG ½ c Collard Greens ½ c Stewed tomatoes ½ c Strawberries 1 c Milk <i>Veg: Meatless Fish Patty</i>	3 oz WG Bran Muffin Butter 4 oz Fruited Yogurt ½ c 100% Cran-Apple 1 c Melon Salad 1 c Milk	1 Cheese Omelet 3.5 oz 1 oz m/ma 1 WG English Muffin 2 oz w PC Jelly & Butter 1 c Diced Pears ½ c Orange Juice 1 c Milk	3 oz Baked Cajun Fish (3 oz m/ma) 1 c Mushroom Rice Pilaf WG ½ c Collard Greens ½ c Stewed tomatoes ½ c Strawberries 1 c Milk <i>Veg: Meatless Fish Patty</i>	3 oz WG Bran Muffin Butter 4 oz Fruited Yogurt ½ c 100% Cran-Apple 1 c Melon Salad 1 c Milk	1 Cheese Omelet 3.5 oz 1 oz m/ma 1 WG English Muffin 2 oz w PC Jelly & Butter 1 c Diced Pears ½ c Orange Juice 1 c Milk	3 oz Baked Cajun Fish (3 oz m/ma) 1 c Mushroom Rice Pilaf WG ½ c Collard Greens ½ c Stewed tomatoes ½ c Strawberries 1 c Milk <i>Veg: Meatless Fish Patty</i>
	4 oz Fruited Yogurt ½ c 100% Cran-Apple 1 c Melon Salad 1 c Milk								
	4 squares Graham Crackers ½ oz ½ c Pineapple Juice								



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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BREAKFAST	<div><div>Hot</div><div>22</div><div>1/2 c WG Oatmeal 1/2 WG Croissant w butter 1 oz Cheddar cheese 1 c Mixed Berries 1/2 c Pineapple Juice 1 c Milk</div></div>	<div><div>23</div><div>2 oz WG Bagel butter 1 oz Swiss Cheese 1/2 c Orange Juice 1 c Fruit Salad 1 c Milk</div></div>	<div><div>24</div><div>1 c WG Raisin Bran Flakes 1 oz WG Toast Butter 1 TBSP Peanut Butter 1/2 c Cran Apple Juice 1 Medium Banana, 1/4 c raisins 1 c Milk</div></div>	<div><div>25</div><div>3 oz WG Blueberry Muffin Butter 4 oz Greek Vanilla yogurt 1/2 c Apple Juice 1 c Cantaloupe 1 c Milk</div></div>	<div><div>26</div><div>Hot 1 Hardboiled Egg 2 c WG Pancakes (2.28 oz) Syrup 1 c Peaches 1/2 c Apple Juice 1 c Milk</div></div>				
	<div><div>22</div><div>3 oz Grilled Pollock w Tartar Sauce 2 oz WG Bun 1/2 c Green Beans w Red Peppers 1/2 c Lima Beans 1/2 c Tropical mix 1 c Milk Veg: 3 oz vegan fish</div></div>	<div><div>23</div><div>Chicken and Waffles (2 oz WG waffle, 3 oz chicken tender) 1/2 c Honey Roasted Carrots 1/2 c Breakfast Hashbrowns 1/2 c Blueberries 1 c Milk Veg: 3 oz Chix Strips</div></div>	<div><div>24</div><div>1.5 c Spaghetti & Meat Sauce 3 oz m/ma, 1.5 oz grain 1/2 c Broccoli 1/2 c Sauteed Summer Squash 1/2 c Tangerine 1 oz WG Roll w/ butter 1 c Milk Veg: Spaghetti w/ Cheese</div></div>	<div><div>25</div><div>2 Oven Fried Chicken Legs 3 oz 2 oz WG Biscuit w/ butter 1/2 c Mashed sweet potatoes 1/2 c 4 way vegetable mix 1/2 c Watermelon 1 c Milk Veg. 3 oz Vegan Nuggets</div></div>	<div><div>26</div><div>3 oz Hamburger Patty w/ Lettuce, Tomato, Onion Ketchup/Mustard/Mayo 1 WG Bun 2 oz 1/2 c Baked beans 1/2 c Cheesy Broccoli 3/4 c Blueberry cobbler 1 c Milk Veg: Veggie Burger w/ Lettuce, Tomato, and Onion</div></div>				
PM SNACK	<div><div>1/2 c Mixed Berries 1/2 c Cottage Cheese</div></div>	<div><div>1/2 c Fruited Yogurt 1 oz WG Granola</div></div>	<div><div>1 WG Biscuit w Jelly 1/2 c Pineapple Tidbits</div></div>	<div><div>1/2 c Diced Honeydew 1 oz Mini muffin</div></div>	<div><div>1 oz String Cheese 8 WG Ritz Crackers</div></div>				



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BREAKFAST	<p>Hot Sunshine Taco 29</p> <p>¼ c Egg & Cheese</p> <p>2 WG Flour Tortilla 6 Inch</p> <p>½ c Tomato Juice</p> <p>1 c Tropical Fruit Salad (Pineapple Papaya Guava)</p> <p>1 c Milk</p>	<p>Yogurt Bowl ** 30</p> <p>½ c Strawberry Greek Yogurt 1 oz m/ma</p> <p>½ c WG Granola 2 oz</p> <p>1 c Fresh Fruit Salad (Honeydew, Cantaloupe , Pineapple)</p> <p>½ c Orange Juice</p> <p>1 c Milk</p>			
HOT LUNCH	<p>1.5 c Chicken Tikka Masla</p> <p>3 oz <i>chicken</i>, 2 oz <i>tikka sauce</i></p> <p>1 c Basmati Rice</p> <p>½ c Sauteed Spinach</p> <p>½ c Ginger Cauliflower</p> <p>½ c Mandarin Orange</p> <p>1 c Milk</p> <p><i>Veg: 3 oz Chickpea marsala</i></p>	<p>3 oz Meatloaf w/ Gravy</p> <p>2 oz Cornbread</p> <p>½ c Broccoli</p> <p>½ c Scalloped Potatoes</p> <p>½ c Banana</p> <p>1 c Milk</p> <p><i>Veg : Vegan Beef Strips</i></p>			
PM SNACK	<p>1 oz WW Crackers</p> <p>2 IW Cheddar Cheese 1.5oz</p>	<p>½ c zucchini sticks w/Honey Mustard Dip</p> <p>¾ oz WG Goldfish</p>			