



ALEXANDRIA ADULT DAY SERVICES CENTER BREAKFAST, LUNCH, AND SNACK – OCTOBER MENU



MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST			1 2 oz WG Bagel W Cream Cheese pc 2 Hard Boiled Eggs ½ c Apple Juice ½ c Grapes alt ½ c Applesauce 1 c Milk	2 3 oz WG Bran Muffin Butter 4 oz Blueberry Greek Yogurt ½ c 100% Cran-Apple 1 c Melon Salad 1 c Milk	Hot3 1 Cheese Omelet 2 oz m/ma 1 WG English Muffin 2 oz w PC Jelly & Butter ½ c Mango ½ c Orange Juice 1 c Milk
			1.5 c Tuna Noodle Casserole <i>(3 oz MA, 1.5 oz WG Grain, ¼ c veg-onion, celery, bell peppers)</i> 1 oz Garlic Bread ½ c Green Beans ½ c Cannellini bean ½ c Plum 1 c Milk <i>Veg: Same</i>	3 oz Sunny Lemon Chicken ½ c Peas ½ c Eggplant roasted 2 oz WG Linguine w/ butter ½ c Apple Slices 1 c Milk <i>Veg: 3 oz Meatless Chicken</i>	1 ½ c Chicken & Dumplings <i>3 oz Chicken ½ c Veg</i> 1 oz Dumplings 1 oz WG Roll w Butter ½ c Lima bean ½ c Pineapple 1 c Milk <i>Veg: Chix Strips</i>
			1 oz WW Wheat Crackers ¼ c Chix Salad	8 Squares Graham Crackers 1 oz ½ c Grape Juice	2 oz Blueberry Mini Muffin ½ c Apricots
HOT LUNCH					
PM SNACK					



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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BREAKFAST	6	7	8	9	10				
	2 oz WG Bagel butter 1 oz Swiss Cheese ½ c Grape Juice 1 c Fruit Salad 1 c Milk	Hot ½ c WG Oatmeal ½ WG English Muffin butter 1 oz Cheddar cheese 1 c Mixed Berries ½ c Orange Juice 1 c Milk	CENTER CLOSED	3 oz WG Blueberry Muffin Butter 4 oz Greek Strawberry yogurt ½ c Apple Juice 1 c Cantaloupe 1 c Milk	Hot 2 Hard Boiled Eggs 2oz 2 c WG Pancakes (2.28 oz) Syrup 1 c Peaches ½ c Fruit Punch 1 c Milk				
HOT LUNCH	Chinese Style Vegetables w/ Orange Chicken (3 oz M/MA, 1 oz veg.) 2 oz Brown Rice ½ c Roasted Carrots ½ c Edamame ½ c Tropical Fruit Cup 1 c Milk <i>Veg: Teriyaki Tofu</i>	1 ¼ c Vegetarian Lasagna 3ozm/ma, ½ c noodles (1 oz grain) 1 oz Garlic Bread ½ c Italian Blend ½ c Acorn squash 1/2 c Pears 1 c Milk <i>Veg: Same</i>	CENTER CLOSED	1.75 c Beef Lo Mein (3 MA, 2.5 oz WG , ¼ c Veg – Carrot, Broccoli) 1.5 oz Vegetable Egg Roll (US Foods #4959086) ½ c Bok Choy ½ c Pumpkin ½ c Tangerine 1 c Milk <i>Veg: Soy Beef</i>	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 <i>Veg: 3 oz Chicks Strips</i>				
	PM SNACK	½ c Strawberries 8 Squares Graham Crackers 1 oz	1 ½ c Egg Salad 1 WG Slider Roll	CENTER CLOSED	½ c Applesauce 1 oz WW Mini Bagel W Cream Cheese	½ c Greek Fruited Yogurt 1 oz WG Granola			



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	COLUMBUS DAY 13 CENTER CLOSED	Hot 14 2 Sunshine Taco ¼ c Egg & Cheese, 2- 6 inch WG Flour Tortilla ½ c Grape Juice 1 c Tropical Fruit Salad (Pineapple Papaya Guava) 1 c Milk	15 1 c WG Kix Cereal 1 oz WG Toast 1 TBSP Almond Butter ½ c Strawberries 1 c Apple Slices alt 1 c Applesauce 1 c Milk	16 2 oz WG Bagel & Cream Cheese 1 String cheese 1 c Cantaloupe ½ c Apple Juice 1 c Milk	Hot 17 2 WG French Toast (2 oz) Syrup 1 oz LS Turkey Sausage 1 c Diced Pears ½ c Orange Juice 1 c Milk
HOT LUNCH	CENTER CLOSED	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 Green beans ½ c Mixed Fruit 1 c Milk <i>Veg Vegan Fish Patty (3 count)</i>	#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 (1oz) 1 c Snow pea ½ c Mango 1 c Milk <i>Veg: Korean Soy Beef over WG Rice</i>
PM SNACK	CENTER CLOSED	½ c Zucchini sticks w/Honey Mustard Dip ¾ oz WG Goldfish	2 oz Blueberry Mini Muffin ½ c Peaches	½ c Mixed Berries 8 Squares Graham Crackers 1 oz	1 oz WG Granola ½ c (4 oz) Vanilla Greek Yogurt



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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BREAKFAST	20	Hot21		22		23	Hot24		
	1 c WG Corn Flakes Cereal 1 oz WG Toast butter 1 TBSP Almond Butter 1 Medium Banana ½ c Orange Juice 1 c Milk	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 Fruit Punch 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 English Muffin W Butter & Jelly 1 String Cheese 1 c Honeydew ½ c Grape Juice 1 c Milk	¼ c Scrambled Eggs (2oz) 1 WG English Muffin Butter 1 c Fresh Fruit Salad ½ c Apple Juice 1 c Milk				
HOT LUNCH	1 c Beef Picadillo (3 oz meat, ½ c Vegetables) 1 c WG Rice (2 oz Grain) ½ c Black beans ½ c Collard Greens ½ c Tangerine 1 c Milk Veg: 3 oz soy beef	3 oz Yangs Orange Chicken 2 oz WG Rice ½ c Glazed Carrots Coin ½ c Edamame ½ c Mixed Fruit Cup 1 c Milk Veg: Chix Strips	1 - 5X5 slice Shepards Pie (2 oz MA, ½ c starchy veg-potato, ¼ c Red/orange veg) 2 oz WG Roll w Butter 1 oz String Cheese ½ c Broccoli ½ c Grapes 1 c Milk Veg: Vegan Beef	2 Cheese Manicotti (5.5oz) w ½ c Tomato Basil Sauce 3 oz m/ma 4 oz WG grain per food label ½ c Garlic Mushrooms ½ c Kale ½ c Pineapple 1 c Milk Veg: Same	1 Stuffed Peppers 3 oz beef ½ c WG Rice 1 oz WG Roll w Margarine ½ c Spring Peas ½ c Beets ½ c Oranges 1 c Milk Veg: soy protein				
	PM SNACK	1 oz Cheese cubes ½ c Cucumber Rounds	½ c Vanilla Yogurt ½ c Pears	2 oz Turkey Slice 8 WG Ritz Crackers	8 Squares Graham Crackers 1 oz ½ c Grapes	½ c Pineapple Tidbits 1 oz WG Goldfish			



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BREAKFAST	27 1 c WG Raisin Bran Cereal 1 oz WG Toast butter 1 TBSP Peanut Butter 1 c Fruit Cocktail 1 Medium Banana 1 c Milk	28 <u>Hot</u> 2 WG French Toast 2oz & Syrup 1 oz LS Turkey Sausage 1 c Pears ½ c Cran-Apple Juice 1 c Milk	29 MYO Parfait 8 oz Fruited Yogurt ½ c Nut free Granola 1 c Mixed Berries ½ c Apple Juice 1 c Milk	30 2 oz WG Blueberry Muffin 4 oz Flavored Greek yogurt 1 c Honeydew ½ c Grape Juice 1 c Milk	31 <u>Hot Eve on a Raft</u> 1 Egg patty 2 WG Wheat Toast 2oz Butter 1 c Baked Apple ½ c Orange Juice 1 c Milk
HOT LUNCH	3 oz Baked Chicken Thigh with Herb Gravy 2 oz WG Roll w/ Butter ½ c Mashed Sweet Potatoes ½ c Steamed Green Beans ½ c Cinnamon Applesauce 1 c Milk <i>Veg: Chix Strips</i>	3oz Turkey Patty w/ Letucce, Tomato & Onion 2 oz WG Bun ½ c Carrots & Peas ½ c Roasted Red Potatoes 1 Fresh Peach 1 c Milk <i>Veg: 3 ounces Soy Protein</i>	1 c Chili con Carne 3 oz meat & Meat Alternate, ½ c chili beans 2 oz WG Corn Muffin w Butter ½ c Broccoli ½ c Pineapple Tidbits 1 c Milk <i>Veg: Vegetarian Chili</i>	Creamy Chicken Enchiladas 3 oz m/ma, 2 oz grain eq. WG Tortilla ½ c Pepper strips ½ c Honey Glazed Carrots ½ c Grapes 1 c Milk <i>Veg: Chix Strips Enchiladas</i>	1.5 c Minestrone Soup (0.5 oz m/ma, ¼ c vegetable, ½ c. beans) 2 oz PC Cheddar Cheese Wedge 10 WG Ritz Crackers 1 oz grain ½ c Collard Greens ½ c Canned Peaches 1 c Milk <i>Veg: same</i>
PM SNACK	1 oz Cheddar Cheese 2 Mini Muffin (2oz)	8 Squares Graham Crackers (2 oz) ½ c Tootie Fruity Chip Dip (Pears, Peach, Apple)	½ Pint Milk 1 c WG Chex Cereal (1 oz)	½ c Cantaloupe ½ Bagel with Cream Cheese 1oz	1 oz WG Soft Pretzel w Honey Mustard Dip ½ c Pears