



ALEXANDRIA ADULT DAY SERVICES CENTER

BREAKFAST, LUNCH, AND SNACK MENU

DECEMBER 2025



MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	1 1 c WG Cheerios Cereal ½ WG English Muffin w/ Jelly ½ c Chobani fruit yogurt 1 c Melon Salad 1 c Milk	2 Hot ½ c Cream of Wheat 1 Hard Boiled Egg 1 oz WG Toast w Butter ½ c Cran-Apple Juice 1 c Berries 1 c Milk	3 3 oz WG Apple Muffin 1 String cheese ½ c Grape Juice 1 c Orange slices 1 c Milk	4 1 c Corn Flakes Cereal 1 oz WG Toast w/ 1 slice cheddar cheese ½ c Apple Juice 1 c Mixed Fruit Salad 1 c Milk	5 Breakfast will not be served due to field trip. Please have your loved one eat at home.
	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 <i>Veg: 3 oz Soy Beef</i>	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 <i>Veg: Chix Strips</i>	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 <i>Veg: Vegan Beef</i>	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 Mango 1 c Milk <i>Veg: Same</i>	BOXED LUNCH Egg salad Sandwich on WG roll ½ c Cucumber Slices 1 bag Chips ½ c Grapes 1 oz String Cheese
	PM SNACK ½ c Hummus ½ c Zucchini sticks	2 Wedges Quick Quesadilla 1 ½ oz m/ma 1 oz grain	1 oz Turkey on a 1 oz WG Slider bun	½ c Tropical Fruit Salad 1 oz String Cheese	½ c Peaches 8 Graham Crackers

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BREAKFAST	8 1 c WG Chex cereal 1 WG Toast 1 oz Butter ¼ c Cottage cheese ½ c Peaches ¼ c Raisins 1 Medium Banana 1 c Milk	9 <u>Hot</u> 2 WG French Toast (2 oz) Syrup 1 oz LS Turkey Sausage 1 c Tropical Fruit ½ c Grape Juice 1 c Milk	10 2 oz WG Bagel W Cream Cheese 1 Hard Boiled Egg ½ c Apple Juice ½ c Grapes alt ½ c Applesauce 1 c Milk	11 3 oz WG Bran Muffin Butter 4 oz Blueberry Greek Yogurt ½ c 100% Cran-Apple 1 c Melon Salad 1 c Milk	12 <u>Hot</u> Omelet 2 oz m/ma 1 WG English Muffin 2 oz w/ PB Jelly & Butter ½ c Pears 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>	3 oz Turkey Patty w/ LTO 2 oz WG Bun ½ c Carrots & Peas ½ c Roasted Red Potatoes 1 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: Chicx Strips Enchiladas</i>	1.5 c Minestrone Soup (0.5 oz m/ma, ¼ c vegetable, ½ c. beans, 1ox WG Pasta) 2 oz Cheddar Cheese Wedge 10 WG Ritz Crackers 1 oz grain ½ c Collard Greens ½ c Mandarin Oranges 1 c Milk <i>Veg: Same</i>
PM SNACK	1 oz LF String Cheese ½ c Apple Slices	1 oz WG Animal Crackers ½ c Greek Vanilla Yogurt	1 oz WW Wheat Crackers ½ c Mango	8 Square Graham Crackers 1 oz ½ c Grape Juice	2oz Blueberry Mini Muffin ½ c Apricots

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	15 2 oz WG Bagel butter 1 oz Swiss Cheese ½ c Grape Juice 1 c Fruit Salad 1 c Milk	16 <u>Hot</u> ½ c WG Oatmeal ½ WG English Muffin butter <u>1 oz Turkey Sausage</u> 1 c Mixed Berries ½ c Orange Juice 1 c Milk	Breakfast will not be served due to field trip. Please have your loved one eat at home.	18 3 oz WG Blueberry Muffin Butter 4 oz Greek Strawberry yogurt ½ c Apple Juice 1 c Cantaloupe 1 c Milk	19 <u>Hot</u> 2 Hard Boiled Eggs 2oz 2 c WG Pancakes (2.28 oz) Syrup 1 c Peaches ½ c Prune Juice 1 c Milk
HOT LUNCH	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 <i>Veg: Veggie Burger w/ Lettuce, Tomato, and Onion</i>	3 oz Slice Turkey & Gravy ½ c Stuffing 2 oz WG Roll w Butter ½ c Broccoli & Cauliflower ½ c Corn ½ c Baked Cinnamon Apple/Applesauce 1 c Milk <i>Veg: 3 oz Chicks Strips</i>	3 oz Grilled Pollock w/ tarter sauce 2oz WG Bun ½ c Stewed tomatoes ½ c Lima Beans ½ c Grapes 1 c Milk <i>Veg: 3 oz vegan fish</i>	2 Oven Fried Chicken Legs 3 oz 2 oz WG Biscuit w/ butter Alexandria SC: 2 oz Corn Muffin ½ c Mashed sweet potatoes ½ c 4 Way vegetable mix ½ c Plum <u>alt. Pineapple</u> 1 c Milk <i>Veg. 3 oz Vegan Nuggets</i>	1.5 c Spaghetti & Meat Sauce 3 oz m/ma, 1.5 oz WG grain ½ c Spinach ½ c Sauteed Summer Squash ½ c Tangerine 1 oz WG Roll w/ butter 1 c Milk <i>Veg: Spaghetti w/ Cheese</i>
PM SNACK	½ c Strawberries ½ c Cottage Cheese	1 ½ c Egg Salad 1 WG Slider Roll	<u>8 Square Graham Crackers</u> 1 oz ½ c Pineapple Tidbits	<u>½ c Mix Fruit</u> 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
	22	23	24	25	26
BREAKFAST	Yogurt Bowl ** ½ c Greek Strawberry Yogurt 1 oz m/ma ½ c WG Granola 2 oz 1 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Grape Juice 1 c Milk	Hot 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	CENTER CLOSED	CENTER CLOSED	Hot 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	1.5 c Chicken Tikka Masla 3 oz chicken, 2 oz tikka sauce 1 c WG Rice ½ c Sauteed Spinach ½ c Ginger Cauliflower ½ c Mandarin Orange 1 c Milk	3 oz Meatloaf w/ Gravy 2 oz WG Bun ½ c Brussel Sprouts ½ c Scalloped Potatoes ½ c Banana (1) 1 c Milk			1 ½ c Chicken & Dumplings 3 oz Chicken ½ c Veg 1 oz Dumplings 1 oz WG Roll w Butter ½ c Lima bean ½ c Pineapple 1 c Milk
	<i>Veg: 3 oz Chickpea marsala</i>	<i>Veg: Vegan Beef Strips</i>			<i>Veg: Chix Strips</i>
PM SNACK	1 oz WW Crackers 2 oz Cheddar Cheese	½ c Zucchini sticks w/Honey Mustard Dip ¾ oz WG Goldfish			1 oz WG Granola ½ c (4 oz) Vanilla Greek Yogurt

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BREAKFAST	29	30	31						
	1 c Corn Flakes Cereal 1 oz WG Toast butter 1 Hard Boiled Egg 1 Medium Banana ½ c Orange Juice 1 c Milk	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	¾ 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						
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 Veg: Teriyaki Tofu	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 Veg: Same	3 oz Hamburger w/ Lettuce, Tomato, Onion 2 oz WG Bun ½ c Roasted Potatoes ½ c Steamed broccoli ½ c Banana 1 c Milk Veg: 3 oz Vegetarian Patty						
PM SNACK	1 oz Cheese cubes ½ c Cucumber Rounds	½ c Pineapple Tidbits 1 oz WG Goldfish	1 oz Turkey Slice 1 oz Cheese Slice 8 WG Ritz Crackers						