

ALDERSGATE CENTER FOR CHILD DEVELOPMENT

Typical Menu (Served Week of August 24)

Requirement	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST 1. Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread, Other/Combination Foods	Milk Rice Krispies Bananas	Milk Yogurt-Blueberry- Strawberry Granola Parfait	Milk Oatmeal Cantaloupe	Milk Breakfast Burrito (Sausage & Eggs) Strawberries	Milk Cheerios Bananas
AM SNACK (Serve 2 of 4) 1. Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	Juice Chex Mix	Green Smoothie Hummus and Pita	Juice Vegetables with Hummus	Fruit Smoothie Root Chips	Juice Chips and Salsa
LUNCH 1. Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other/Combination Foods	Milk Chicken Breast on Whole Wheat Bun Lettuce, Tomato, Onion Apples	Milk Chicken Rice Broccoli Mixed Fruit	Milk Vegetable Beef Soup with Tomato, Onion, Kale Oranges	Milk Spaghetti Sauce with Green Beans, Zucchini, Tomato, Onion Mixed Fruit	Milk Beef and Bean Burrito with Lettuce, Tomato, Peppers, Avocado Apples
PM SNACK (Serve 2 of 4) 1. Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	Milk Bagels and Cream Cheese	Milk Chips with Bean Dip	Milk Cheese and Crackers	Milk Pickle Roll Ups	Milk ½ Turkey Sandwich