



## Alphabet Academy of Staten Island - Sample Weekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Scrambled eggs with toast, Milk	Oatmeal with fruit, Milk	Cereal with Milk	Banana pancakes, Milk	Omelet, Toast, Milk
Mid morning snack	Apples	Bananas	Pears	Oranges	Peaches
Lunch	Chicken noodle soup, Grilled cheese sandwich, Sliced peppers	Vegetable soup, Baked chicken with couscous, Salad	Tomato bisque soup, Baked fish fillets with rice, Cucumbers	Italian meatball soup, Lasagna, Salad	Split pea soup, Beef and carrot stew with mashed potatoes
Snack	Pumpkin muffins, Milk	Yogurt with fruit	Oatmeal cookies, milk	Waffles with maple syrup, Milk	Granola with milk