

- 1. Alamo Senior Center is submitting a Breakfast Meal Pattern Menu consisting of five weeks that we would like to use as a cycle menu.**
- 2. The cereals used will be cherrios, honey nut cherrios, cornflakes, corn pops, frosted flakes, golden grahams, kix, raisin bran, and wheaties. These are the cereals we have requested bid pricing for. We also alternate the cereals.**
- 3. At present time we have only requested bid pricing for tomato juice and V-8 juice. At one time we were told that we were not to serve fruit juices due to the sugar content.**

## Breakfast Meal Pattern

Program Name: Alamo Senior Center

Month:

**Cycle Menu**

Week:

1

Meal Pattern	Monday Cereal	Tuesday Egg & Hash Browns	Wednesday Ham & Cheese Biscuit	Thursday Eggs & Muffin	Friday Cottage Cheese & Toast
<b>Meat or Alternate</b> <b>2 ounces cooked</b>	1 oz. cheese stick  1 oz. peanut butter	1 hard boiled egg  1 oz. cheese stick	2 oz. ham  2 oz. cheese	2 hard boiled eggs	2 oz. cottage cheese
<b>Vegetables (non-starchy)</b> <b>1 Servings</b> <b>may substitute 2 additional</b> <b>ounces of meat alternate</b>	6 oz. tomato juice	6 oz. tomato juice		6 oz. tomato juice	6 oz. V-8 juice
<b>Bread or Alternate</b> <b>1 1/2 Servings</b> <b>includes starchy vegetables</b>	1 slice toast	1 slice toast	2 oz. biscuit	2 oz. blueberry muffin	1 1/2 slices toast
	4 oz. cup cereal	4 oz. hash browns			
<b>Milk</b> <b>1 Serving</b>	8 oz. Low Fat milk	8 oz. Low Fat milk	8 oz. Low Fat milk	8 oz. Low Fat milk	8 oz. Low Fat milk
<b>Fats</b> <b>1 teaspoon</b>	1 tsp. margarine	1 tsp. margarine	1 tsp. margarine	1 tsp. margarine	1 tsp. jelly

Approved By : Jennifer Gilmore RD, LD

## Breakfast Meal Pattern

Program Name: Alamo Senior Center

Month: **Cycle Menu**

Week: 2

Meal Pattern	Monday Cereal	Tuesday Egg & Cheese Burrito	Wednesday Cereal	Thursday Sausage Burrito	Friday Cereal
<b>Meat or Alternate 2 ounces cooked</b>	2 oz. peanut butter	1 oz. cheese	2 oz. cheese	1 oz. sausage	1 hard boiled egg
		1 scrambled egg		1 scrambled egg	1 oz. cheese
<b>Vegetables (non-starchy) 1 Servings may substitute 2 additional ounces of meat alternate</b>	6 oz. tomato juice	2 oz. green chile	6 oz. V-8 juice	4 oz. salsa	6 oz. tomato juice
		2 oz. onions			
<b>Bread or Alternate 1 1/2 Servings includes starchy vegetables</b>	1 slice toast	1 1/2 - tortilla (6")	9 oz. Cold cereal	1 1/2 - tortilla (6")	1/2 english muffin
	4 oz. cup cereal				4 oz. cup cereal
<b>Milk 1 Serving</b>	8 oz.Low Fat milk	8 oz.Low Fat milk	8 oz.Low Fat milk	8 oz.Low Fat milk	8 oz.Low Fat milk
<b>Fats 1 teaspoon</b>	1 tsp. jelly	1 tsp. margarine	1 tsp. margarine	1 tsp. margarine	1 tsp. jelly

Approved By : Jennifer Gilmore RD, LD

## Breakfast Meal Pattern

Program Name: Alamo Senior Center

Month: **Cycle Menu**

Week: 3

Meal Pattern	Monday Cereal	Tuesday Bacon & Egg Burrito	Wednesday Cereal	Thursday Cottage Cheese & Toast	Friday Cereal
<b>Meat or Alternate 2 ounces cooked</b>	1 oz. cheese stick	1 scrambled egg	2 oz. cheese	2 oz. cottage cheese	1 hard boiled egg
	1 oz peanut butter	1 oz. cheese			1 oz. cheese
<b>Vegetables (non-starchy) 1 Servings may substitute 2 additional ounces of meat alternate</b>	6 oz tomato juice	6 oz tomato juice	6 oz. V-8 juice	6 oz. V-8 juice	6 oz tomato juice
<b>Bread or Alternate 1 1/2 Servings includes starchy vegetables</b>	1 slice toast	1 1/2 - tortilla (6")	1/2 bagel	1 1/2 sliced toast	1/2 english muffin
	4 oz. cup cereal		6 oz. cup cereal		4 oz. cup cereal
<b>Milk 1 Serving</b>	8 oz.Low Fat milk	8 oz.Low Fat milk	8 oz.Low Fat milk	8 oz.Low Fat milk	8 oz.Low Fat milk
<b>Fats 1 teaspoon</b>	1 tsp. margarine	1 slice bacon	1 tsp. margarine	1 tsp. jelly	1 tsp. jelly

Approved By : Jennifer Gilmore RD, LD

## Breakfast Meal Pattern

Program Name: Alamo Senior Center

Month: **Cycle Menu**

Week: 4

Meal Pattern	Monday Cereal	Tuesday Ham & Cheese Biscuit	Wednesday Egg & Potatoes	Thursday Cottage Cheese & Toast	Friday Cereal
<b>Meat or Alternate</b> <b>2 ounces cooked</b>	2 oz. peanut butter	2 oz. ham	1 hard boiled egg	2 oz. cottage cheese	1 oz. cheese stick
		2 oz. cheese	1 oz. cheese		1 oz. peanut butter
<b>Vegetables (non-starchy)</b> <b>1 Servings</b> <b>may substitute 2 additional</b> <b>ounces of meat alternate</b>	6 oz. tomato juice		6 oz. tomato juice	6 oz. V-8 juice	6 oz. tomato juice
<b>Bread or Alternate</b> <b>1 1/2 Servings</b> <b>includes starchy vegetables</b>	1 slice toast	2 oz. biscuit	1/2 english muffin	1 1/2 slices toast	1 slice toast
	4 oz. cup cereal		4 oz. hash browns		4 oz. cup cereal
<b>Milk</b> <b>1 Serving</b>	8 oz. Low Fat milk	8 oz. Low Fat milk	8 oz. Low Fat milk	8 oz. Low Fat milk	8 oz. Low Fat milk
<b>Fats</b> <b>1 teaspoon</b>	1 tsp. jelly	1 tsp. margarine	1 tsp. margarine	1 tsp. jelly	1 tsp. margarine

Approved By : Jennifer Gilmore RD, LD

## Breakfast Meal Pattern

Program Name: ALAMO SENIOR CENTER

Month: **Cycle Menu**

Week: 5

Meal Pattern	Monday Cereal	Tuesday Oatmeal	Wednesday Cereal	Thursday Egg & Cheese Burrito	Friday Egg & Muffin
Meat or Alternate 2 ounces cooked	1 oz. cheese stick	2 oz. diced ham	2 oz. cereal	1 oz. cheese	2 hard boiled eggs
	1 oz. peanut butter			1 scrambled egg	
Vegetables (non-starchy) 1 Servings may substitute 2 additional ounces of meat alternate	6 oz. tomato juice	6 oz. V-8 juice	6 oz. tomato juice	2 oz. green chile	6 oz. tomato juice
				2 oz. onion	
Bread or Alternate 1 1/2 Servings includes starchy vegetables	1/2 slice toast	6 oz. cup oatmeal	1/2 english muffin	1 1/2 - tortilla (6")	2 oz. banana muffin
	4 oz. cup cereal		4 oz. cup cereal		
Milk 1 Serving	8 oz.Low Fat milk	8 oz.Low Fat milk	8 oz.Low Fat milk	8 oz.Low Fat milk	8 oz.Low Fat milk
Fats 1 teaspoon	1 tsp. margarine	1 tsp. margarine	1 tsp. margarine	1 tsp. margarine	1 tsp. margarine

Approved By : Jennifer Gilmore RD, LD