Alpine Meadows

Sample 5-Day Menu

Subject to Change

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:30	**Upgrade your meal…** **· BBQ at the lake** **· Going on a hike - order sack lunches** **· Try our homemade soups** **Call for other upgrade options**	Scrambled Eggs Hash Browns Biscuits, Butter, Jelly Ketchup Cereal, Milk Water, OJ Fruit	Pancakes, Butter, Syrup Sausage Apple Sauce Cereal, Milk Water, OJ Fruit	French Toast Butter, Syrup Strawberry Sauce Fruit Salad Cereal, Milk Water, OJ Fruit	Waffles, Butter, Syrup Bacon Strawberry Sauce Cereal, Milk Water, OJ Fruit
Lunch 12:30	Cheese Raviolis Marinara Sauce Garlic Bread, Butter Parmesan Cheese Salad Bar Punch	Spaghetti, Marinara Sauce Garlic Bread, Butter Parmesan Cheese Salad Bar Punch	Chicken Nuggets Macaroni & Cheese Vegetable Soup Carrot Sticks BBQ Sauce, Ketchup Salad Bar Punch	Grilled Cheese Sandwich Vegetable Soup Carrot Sticks Salad Bar Punch	N/A
Dinner 5:30	Hamburgers, Buns Tater Tots Lettuce, Tomatos, Pickles Ketchup, Mustard, Mayo (veggie option) Salad Bar Punch Dessert	Turkey & Gravy Mashed Potatoes Mixed Vegetables Rolls, Butter (veggie option) Salad Bar Punch Dessert	Chicken Teriyaki Fried Rice Chow Mein Noodles (veggie option) Salad Bar Punch Dessert	Honey Lime Chicken Corn on the Cobb Rice Pilaf Rolls, Butter (veggie option) Salad Bar Punch Dessert	N/A