

FAMILY CONFERENCE MENU 2022

Our Campus Kitchen prepares delicious, made-from-scratch meals for everyone to enjoy! While we have designated portions for the main dish for the meals this week, guests wishing to have more salad are welcome to ask for that in the serving line.

Sack lunches provided for ALERT Cadet/Pre-Excel students will include the sandwiches listed below on Tues, Wed, and Fri and include chips, a cookie, and fruit.

If you have further questions on the menu, please contact our head cook Charissa at cchristopherson@alertacademy.com.

SATURDAY, APRIL 23

Brunch 10:30–11:00 AM: Fruit Salad, Pancakes, Egg Bake, Kielbasa, Yogurt, Milk/Juice/Coffee

Dinner 4:30–5:00 PM: Leftovers ☺

SUNDAY, APRIL 24

No Breakfast/Lunch Served

Dinner 5:00–5:30 PM: Salad, Chicken Alfredo Pasta, Steamed Broccoli, Breadsticks

MONDAY, APRIL 25 *(meal packages start with Monday dinner)*

Breakfast 8:30–9:00 AM: Fruit, Blueberry Muffins, Hot Hard Boiled Eggs, Yogurt, Cereal, Milk/Juice/Coffee

Lunch 12:00–12:30 PM: Salad, BBQ Chicken Sandwiches, Pinto Beans, Potato Salad, Caramel Apple Pretzel Salad

Dinner 5:00–6:00 PM: Salad, Swedish Meatballs, Mashed Potatoes, Glazed Carrots, Rolls, Carrot Cake

TUESDAY, APRIL 26

Breakfast 7:30–9:00 AM: Fruit, Quick Coffeecake, Hot Hard Boiled Eggs, Yogurt, Cereal, Milk/Juice/Coffee

Lunch 12:00–1:00 PM: Salad, Homemade Sandwiches (Turkey, Sliced Cheddar, Lettuce, Tomatoes, Pickles), Chips, Spinach Dip, M&M Cookies, Whole Fruit

Dinner 5:00–6:00 PM: Salad, Supreme Burritos (Beans, Beef, Rice, Cheese, Salsa, Sour Cream), Tortilla Chips, Guacamole, Chocolate/Vanilla Pudding *(this meal is naturally Gluten Free)*

WEDNESDAY, APRIL 27

Breakfast 7:30–9:00 AM: Fruit, Pumpkin Muffins, Hot Hard Boiled Eggs, Yogurt, Cereal, Milk/Juice/Coffee

Lunch 12:00–1:00 PM: Salad, Hamburgers, Kettle Cooked Chips, Cranberry White Chocolate Cookies, Whole Fruit

Dinner 5:00–6:00 PM: Salad, Creamy Chicken Casserole & Rice, Normandy Vegetable Blend, Applesauce, Rolls

THURSDAY, APRIL 28 *(Thursday lunch not included for ALERT Cadet/Pre-EXCEL Students)*

Breakfast 7:30–9:00 AM: Fruit, Strawberry Muffins, Hot Hard Boiled Eggs, Yogurt, Cereal, Milk/Juice/Coffee

Lunch 12:00–1:00 PM: Salad, Chicken Strip Wraps, Original Ranch/Chipotle Ranch, Sun Chips, Snickerdoodles, Whole Fruit

Dinner 5:00–6:00 PM: Salad, Lasagna, Green Beans, Garlic Bread, Italian Crème Cake

FRIDAY, APRIL 29 *(meal packages conclude with Friday dinner)*

Breakfast 7:30–9:00 AM: Fruit, Banana Muffins, Hot Hard Boiled Eggs, Yogurt, Cereal, Milk/Juice/Coffee

Lunch 12:00–1:00 PM: Salad, Chicken Sandwiches, Chips, Chocolate Chip Cookies, Whole Fruit

Dinner: Salad, Pizza (Cheese, Veggie, Pepperoni, & Meat Lovers—up to 3 pieces for adults, up to 2 for children), Fudge Brownies

SATURDAY, APRIL 30

Brunch 10:30–11:00 AM: Fruit Salad, Cinnamon Rolls, Scrambled Eggs, Hashbrown Casserole, Sausage, Cereal, Milk/Juice/Coffee

Dinner 4:30–5:00 PM: Salad, Leftovers ☺