


January

ADULT DAY CENTER

Breakfast

| Mon | Tue | Wed | Thu | Fri |
|--|---|--|--|--|
|  | | | 1 | WG Pancakes Strawberries Milk |
| WG Croissant Oranges Milk | French Toast Sticks Peaches Milk | Hashbrowns WG Toast Milk | Cheerios Cereal Banana Milk | Banana Muffin Mixed Fruit Milk |
| WG Waffles Tropical Fruit Milk | Yogurt Blueberries Milk | WG Bagel Strawberries Milk | WG French Toast Sticks Oranges Milk | Scrambled Eggs Hashbrowns Milk |
| Turkey Sausage Patty Mashed Apple Slices Milk | Cheerios Cereal Mixed Fruit Milk | WG Biscuit Cinnamon Applesauce Milk | WG Pancake Blueberries Milk | Cinnamon Oatmeal Blueberries Milk |
| Oatmeal Raisins Milk | WG Frosted Mini Wheats Banana Milk | WG Waffle Strawberries Milk | Scrambled Eggs Tater Tots Salsa Milk | French Toast Sticks Banana Milk |

This institution is an Equal Opportunity Employer

Serving Sizes:

Milk - ½ cup (whole)

Milk - ¾ cup (1%)

Milk - 1 cup

Key:

HM - Homemade

WG - Whole Grain

Ages 1-2

Grains/Meat Alternative - ½ oz

Ages 3-5

Grains/Meat Alternative - ½ oz

Ages 6-18

Grains/Meat Alternative - ½ cup

WGR - Whole Grain Rich

WW - Whole Wheat

Fruit/Vegetable - ¼ cup


Fruit/Vegetable - ½ cup

Fruit/Vegetable - ½ cup

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Lunch

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| Mon | Tue | Wed | Thu | Fri |
|---|---|---|---|--|
|  | | | 1 | WG Pasta with Ground Turkey Garlic Green Beans Oranges <i>Milk</i> |
| Tuna Noodle Casserole 5 WG Noodles Peas Apple Slices <i>Milk</i> | Chicken Quesadilla 6 WG Tortilla Corn Pineapple <i>Milk</i> | WG Spaghetti with Ground Turkey 7 Served with Red Sauce Seasoned Cauliflower Peaches <i>Milk</i> | Meatloaf 8 Mashed Potatoes Green Beans Watermelon <i>Milk</i> | Chicken and Waffles 9 WG Waffle Sweet Potato Fries Fruit Cocktail <i>Milk</i> |
| Hot Turkey and Cheese Sliders 12 WG Slider Bun Lettuce and Tomato French Fries Oranges <i>Milk</i> | Seasoned Chicken and Rice 13 WG Rice Broccoli Apple Slices <i>Milk</i> | Ground Beef Mac n Cheese 14 WG Macaroni Sweet Carrots Pears <i>Milk</i> | Chicken Patty Sandwich 15 WG Bun Baked Beans Peaches with Cinnamon Crisp <i>Milk</i> | Turkey Tetrazzini 16 California Blend Vegetables Pineapple <i>Milk</i> |
| Tater Tot Casserole 19 Ground Beef WG Breadstick Applesauce <i>Milk</i> | Chili with Ground Turkey 20 WG Crackers Corn <i>Milk</i> | Tuscan Grilled Cheese with Gnocchi Soup 21 WG Bread Pineapple <i>Milk</i> | Chicken Strips 22 WG Bun Honey Dew Melon Broccoli <i>Milk</i> | Turkey Burger 23 WG Bun Sweet Potato Fries Peaches <i>Milk</i> |
| WG Pasta with Ground Turkey 26 Served with Red Sauce California Blend Vegetables Pineapple <i>Milk</i> | Baked Fish Wrap 27 WG Tortilla Corn Tropical Fruit <i>Milk</i> | BBQ Chicken 28 Mac n Cheese Green Beans Peaches <i>Milk</i> | Sloppy Joe 29 Ground Beef WG Bun Cauliflower Oranges <i>Milk</i> | Turkey Pot Pie 30 Mixed Vegetables Pears <i>Milk</i> |

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Snack

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|  | | | 1 | French Toast Sticks 2 <i>Peaches</i> |
| Blueberry Muffin 5 <i>Mixed Fruit</i> | Yogurt 6 <i>Animal Crackers</i> | Trail Mix 7 <i>Banana</i> | Celery and Carrots 8 <i>Served with Ranch Dressing Banana</i> | String Cheese 9 <i>WG Ritz Crackers</i> |
| Cinnamon Applesauce 12 <i>Blueberries</i> | WG Goldfish Crackers 13 <i>Bananas</i> | Cottage Cheese 14 <i>Applesauce</i> | WG Cheez Its Crackers 15 <i>Peaches</i> | Mixed Fruit Smoothie 16 |
| Banana Muffin 19 <i>String Cheese</i> | English Muffin Cheese Pizza 20 | WG Animal Crackers 21 <i>Oranges</i> | WG Ritz Crackers 22 <i>Cantaloupe</i> | Bosco Sticks 23 <i>Served with Marinara</i> |
| WG Ritz Crackers 26 <i>Bananas</i> | WG Cheez Its Crackers 27 <i>Blueberries</i> | Soft Pretzel 28 <i>Peaches</i> | WG Noodles 29 <i>Served with Cheese</i> | WG Goldfish Crackers 30 <i>Peaches</i> |

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