

September

ADULT DAY CENTER

Breakfast

Mon	Tue	Wed	Thu	Fri
	WG Bagel ¹ Served with Cream Cheese Oranges <i>Milk</i>	Cheesy Egg and Potato Bake ² <i>Milk</i>	WG Pancakes ³ Blueberries <i>Milk</i>	WG Chex Cereal ⁴ Banana <i>Milk</i>
JRC CLOSED ⁷ LABOR DAY <i>Milk</i>	WG Waffle ⁸ Strawberries <i>Milk</i>	Turkey Sausage Patty ⁹ Half Slice of WG Toast Cinnamon Apple Slices <i>Milk</i>	Yogurt ¹⁰ Peaches <i>Milk</i>	WG French Toast Sticks ¹¹ Mangos <i>Milk</i>
Cinnamon Oatmeal ¹⁴ Blueberries <i>Milk</i>	WG Biscuit ¹⁵ Served with Jelly Apricots <i>Milk</i>	WG Pancakes ¹⁶ Oranges <i>Milk</i>	WG Cheerios Cereal ¹⁷ Banana <i>Milk</i>	WG Croissant ¹⁸ Served with Jelly Sliced Grapes <i>Milk</i>
Egg and Cheese Omelette ²¹ Tropical Fruit <i>Milk</i>	WG English Muffin ²² Served with Jelly Pears <i>Milk</i>	WG Pancakes ²³ Apple Slices <i>Milk</i>	Cottage Cheese ²⁴ Pineapple <i>Milk</i>	Oatmeal ²⁵ Banana <i>Milk</i>
WG Waffles ²⁸ Strawberries <i>Milk</i>	Scrambled Eggs ²⁹ Served with Diced Red and Green Peppers <i>Milk</i>	Corn Flakes ³⁰ Tropical Fruit <i>Milk</i>		

This institution is an Equal Opportunity Employer

Serving Sizes: Milk - 1 cup

Ages 6-18 Grains/Meat Alternative - ½ cup

Fruit/Vegetable - ½ cup

Key:

HM - Homemade

WG - Whole Grain

WGR - Whole Grain Rich

WW - Whole Wheat

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Lunch

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Mon	Tue	Wed	Thu	Fri
	Chicken Quesadilla ¹ Served on a WG Tortilla Black Bean Salsa Pears Milk	Baked Ziti ² Served with WG Penne Ground Turkey Green Beans Mangos Milk	Chicken and Waffles ³ Sweet Potato Fries Cinnamon Apples Milk	Cheese Pizza ⁴ Served on WG Crust Seasoned Carrots Pineapple Milk
JRC CLOSED ⁷ LABOR DAY Milk	Beef Tacos ⁸ Served on a WG Tortilla Seasoned Corn Apricots Milk	Chicken Salad Slider ⁹ Served on a WG Bun Potato Wedges Peaches Milk	Turkey Pepperoni Pizza ¹⁰ Served on WG Crust California Blend Vegetables Pears Milk	Spaghetti ¹¹ Served in Red Sauce Ground Turkey Zucchini Sticks Watermelon Milk
Chicken Tenders ¹⁴ Mac n Cheese Sweet Potatoes Apple Slices Milk	Beef Sloppy Joe ¹⁵ Served on a WG Bun Green Beans Pineapple Milk	Chicken Alfredo ¹⁶ Served with WG Penne Garlic Broccoli Peaches Milk	Baked Fish ¹⁷ Served on a Tortilla Coleslaw Fruit Cocktail Milk	Turkey Cheeseburger ¹⁸ Served on a WG Bun Baked Beans Pears Milk
Creamy Chicken ²¹ Served on WG Rice Seasoned Carrots Cinnamon Apple Slices Milk	Baked Goulash ²² Served with WG Elbow Noodles Ground Turkey Garlic Peas Cantaloupe Milk	Grilled Cheese ²³ Served in WG Bread Tomato Soup Grape Halves Milk	Chicken Patty Sandwich ²⁴ Served in a WG Bun Sweet Potato Fries Peach Crisp Milk	Baked Turkey Ham Sandwich ²⁵ Mac n Cheese Mixed Vegetables Oranges Milk
BBQ Chicken Wrap ²⁸ Served in a Tortilla Broccoli Pineapple Milk	Turkey and Swiss Melt ²⁹ Served on WG Bread French Fries Honey Dew Melon Milk	Tuna Noodle Casserole ³⁰ Served with WG Penne Sweet Peas Apple Slices Milk		

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Serving Sizes:

Milk - ½ cup (whole)

Ages 1-2

Grains/Meat Alternative - ½ oz

Fruit/Vegetable - ¼ cup

Ages 3-5

Milk - ¾ cup (1%)

Grains/Meat Alternative - ½ oz

Fruit/Vegetable - ½ cup

Ages 6-18

Milk - 1 cup

Grains/Meat Alternative - ½ cup

Fruit/Vegetable - ½ cup

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Snack

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Mon	Tue	Wed	Thu	Fri
	Bosco Sticks ¹ Served with Marinara Sauce Mixed Fruit	Yogurt ² Animal Crackers	Cheez-Its Crackers ³ Peaches	Graham Crackers ⁴ Applesauce
JRC CLOSED ⁷ LABOR DAY	Celery Slices ⁸ String Cheese Stick	Trail Mix ⁹ (Goldfish, Chex, Cheerios) Banana	WG Apple ¹⁰ Cinnamon Muffin Fruit Cocktail	Strawberry Banana ¹¹ Smoothie Wafer Crackers
Turkey and Cheese ¹⁴ Roll Mixed Fruit	Grape Halves ¹⁵ Cheez-Its Crackers	Ritz Crackers ¹⁶ String Cheese	Watermelon ¹⁷ Animal Crackers	Soft Pretzel ¹⁸ Celery Sticks
Breaded Zucchini ²¹ Sticks Applesauce	Pizza Bobs ²² Served on a WG English Muffin Marinara Sauce Shredded Cheese	WG Blueberry Muffin ²³ Carrot Sticks	Sunny Smoothies ²⁴ Yogurt Pineapple	WG Goldish Crackers ²⁵ Sliced Cucumbers
Carrot Sticks ²⁸ Yogurt	Ritz Crackers ²⁹ String Cheese	Bosco Sticks ³⁰ Served with Marinara Sauce		

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Serving Sizes:

Milk - ½ cup (whole)

Milk - ¾ cup (1%)

Milk - 1 cup

Key:

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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