

JANUARY 2012 ADULT DAY SERVICES BREAKFAST & SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED NEW YEAR'S DAY HOLIDAY	3 Breakfast: Milk Fruit Juice Cereal Toast (1) Snack: Milk Chocolate Chip Cookies	4 Breakfast: Milk Applesauce Biscuit (whole) Snack: Milk Fruit	5 Breakfast: Milk Fruit Cup Raisin Bread (2) Snack: Milk Graham Crackers	6 Breakfast: Milk Fruit Cup Cereal Toast (1) Snack: Milk Applesauce
9 Breakfast: Milk Fruit Juice Cereal Donut Snack: Milk Oatmeal Cookies	10 Breakfast: Milk Fruit Cup English Muffin (whole) Snack: Milk Applesauce	11 Breakfast: Milk Fruit Juice Cereal Toast (1) Snack: Milk Oreo Cookies	12 Breakfast: Milk Applesauce Biscuit (whole) Snack: Milk Fruit Cup	13 Breakfast: Milk Fruit Cup Raisin Bread (2) Snack: Milk Peanut Butter Crackers
16 CLOSED MARTIN LUTHER KING DAY HOLIDAY	17 Breakfast: Milk Fruit Juice Cereal Donut Snack: Milk Applesauce	18 Breakfast: Milk Fruit Cup English Muffin (whole) Snack: Milk Sugar Cookies	19 Breakfast: Milk Fruit Juice Cereal Toast (1) Snack: Milk Vanilla Cream	20 Breakfast: Milk Applesauce Biscuit (whole) Snack: Milk Vanilla Wafers
23 Breakfast: Milk Fruit Cup Raisin Bread (2) Snack: Milk Cheese Crackers	24 Breakfast: Milk Fruit Cup Cereal Toast (1) Snack: Milk Chocolate Chip Cookies	25 Breakfast: Milk Fruit Juice Cereal Donut Snack: Milk Fruit Cup	26 Breakfast: Milk Fruit Cup English Muffin (whole) Snack: Milk Graham Crackers	27 Breakfast: Milk Fruit Juice Cereal Toast (1) Snack: Milk Applesauce
30 Breakfast: Milk Applesauce Biscuit (whole) Snack: Milk Fruit Cup	31 Breakfast: Milk Fruit Cup Raisin Bread (2) Snack: Milk Oatmeal Cookies		In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint, write to U.S.D.A., Director Office of Civil Rights, Room 326-W Whittan Building 1400 Independence Ave.; S.W. Washington D.C. 20250-9410 or call (202)720-5964 voice or TDD. "USDA is an equal opportunity provider and employer"	Breakfast: 1 cup milk; ½ cup juice (fruit or vegetable); 2 slices bread or equivalent; Lunch: 1 cup milk; 2 oz. meat, poultry, fish or cheese, ½ cup cottage cheese; cheese food or eggs(1) or ½ cup cooked dry beans or peas; 4 tbsp peanut butter; 1 cup yogurt; 1 cup veg. or fruit; 2 servings grain/bread. Snack: Any 2 of 4 components ½ cup yogurt; 1 cup milk; ½ c. fruit or veg juice; 1 slice/serving grain or bread.