

ADULT DAY SRVICES BREAKFAST & SNACK MENU MARCH 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Breakfast: Milk Fruit Cup English Muffin(whole) Snack: Milk Peanut Butter Crackers	2 Breakfast: Milk Fruit Juice Cereal Toast (1) Snack: Milk Oreo Cookies	3 Breakfast: Milk Applesauce Biscuit (whole) Snack: Milk Graham Crackers	4 Breakfast: Milk Fruit Cup Raisin Bread (2) Snack: Milk Vanilla Cream Cookies	5 Breakfast: Milk Fruit Cup Cereal Toast (1) Snack: Milk Cheese Crackers
8 Breakfast: Milk Fruit Juice Cereal Donut Snack: Milk Sugar Cookies	9 Breakfast: Milk Fruit Cup English Muffin (whole) Snack: Milk Chocolate Chip Cookies	10 Breakfast: Milk Fruit Juice Cereal Toast (1) Snack: Milk Oatmeal Cookies	11 Breakfast: Milk Applesauce Biscuit (whole) Snack: Milk Vanilla Wafer Cookies	12 Breakfast: Milk Fruit Cup Raisin Bread (2) Snack: Milk Peanut Butter Crackers
15 Breakfast: Milk Fruit Cup Cereal Toast (1) Snack: Milk Oreo Cookies	16 Breakfast: Milk Fruit Juice Cereal Donut Snack: Milk Graham Crackers	17 Breakfast: Milk Fruit Cup English Muffin (whole) Snack: Milk Vanilla Cream Cookies	18 Breakfast: Milk Fruit Juice Cereal Toast (1) Snack: Milk Cheese Crackers	19 Breakfast: Milk Applesauce Biscuit (whole) Snack: Milk Sugar Cookies
22 Breakfast: Milk Fruit Cup Raisin Bread (2) Snack: Milk Chocolate Chip Cookies	23 Breakfast: Milk Fruit Cup Cereal Toast (1) Snack: Milk Oatmeal Cookies	24 Breakfast: Milk Fruit Juice Cereal Donut Snack: Milk Vanilla Cream Cookies	25 Breakfast: Milk Fruit Cup English Muffin (whole) Snack: Milk Peanut Butter Crackers	26 Breakfast: Milk Fruit Juice Cereal Toast (1) Snack: Milk Oreo Cookies
29 Breakfast: Milk Applesauce Biscuit (whole) Snack: Milk Graham Crackers	30 Breakfast: Milk Fruit Cup Raisin Bread (2) Snack: Milk Vanilla Cream Cookies	31 Breakfast: Milk Fruit Cup Cereal Toast (1) Snack: Milk Cheese Crackers	<p>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"</p>	
<p>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.</p>				