


August 2010 – Adult Day Program – Breakfast, Lunch, Snack Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Breakfast: 2 Slices French Toast; 2 tbs. Syrup; ½ c. Mixed Berries</p> <p>Lunch: Fish Scandia, ½ c. Mashed Potatoes, ½ c. Steamed Vegetables, ½ c. Mixed Fruit, 1 Peanut Butter Cookie</p> <p>Snack: ½ WW English Muffin cheese pizza</p>	<p>3 Breakfast: 1 c. Cream of Wheat; ½ c. Green Apples; ½ c. fruit yogurt</p> <p>Lunch: Lighter Turkey Lasagna, 1 c. Garden Salad, 1 WW Bread Stick, ½ c. Pear Slices</p> <p>Snack: Blueberry Muffin, ½ c. Milk</p>	<p>4 Breakfast: 1 c. Cream of Wheat; ½ c. Green Apples; ½ c. fruit yogurt</p> <p>Lunch: Beef & Veggie Pot Pie, ½ c. Cole Slaw, ¼ c. Dried Apricots, ½ c. Custard</p> <p>Snack: ½ cup 100% Grape Juice; 2 tbsp hummus, 4 Whole Grain Crackers</p>	<p>5 Breakfast: Cinnamon Raisin Bagel, 2 tbsp. Cream Cheese, ½ C Strawberries</p> <p>Lunch: Baked Garlic and Herb Chicken; ½ cup Mashed Potatoes; ½ c. Melon Balls</p> <p>Snack: ½ c. Orange Juice, Cranberry muffin; 1tsp. butter</p>	<p>6 Breakfast: 1 Fried Egg, 2 Slices WW Toast, 1 tsp. Jelly, ½ c. Apple Slices</p> <p>Lunch: Baked Ziti, 1 WW Roll; ½ c. Cooked Spinach; ½ c. Apricot Halves</p> <p>Snack: ½ c. Orange Slices, 4 Graham Crackers; 2 tbsp Peanut Butter</p>
<p>9 Breakfast: 2 Slices Cinnamon Toast; ½ c. Cottage Cheese w/ ½ c. berries</p> <p>Lunch: Honey Lemon Chicken; 2 pieces corn bread; ½ Brussels Sprouts; ½ c. Cantaloupe</p> <p>Snack: ½ c. cucumbers, 1 WW breadstick, 2 tbsp Hummus</p>	<p>10 Breakfast: 1 Scrambled Egg w/ 1 oz. Cheddar Cheese; WW English Muffin; ½ c. Pear Slices</p> <p>Lunch: Turkey Chili w/ Corn Bread; 1 c. Green Salad w/ veggies; 1 Tbsp. Dressing; 1 oz. Croutons; ½ c. Cantaloupe</p> <p>Snack: ½ c. Blueberries in ½ c. cottage cheese; 1 WW roll</p>	<p>11 Breakfast: ½ c. Cold Cereal; 1 slice WW Toast; ½ c. Peaches</p> <p>Lunch: Salisbury Steak w/ Roll; ½ c. Mashed Potatoes; ½ c. Green Beans; ½ c. Mixed Fruit; 1 Molasses Cookie</p> <p>Snack: 2 Tbsp. Peanut Butter, ½ c. Apple Slices, 4 Graham Crackers</p>	<p>12 Breakfast: 1 Hard Boiled Egg; WW English Muffin; 2 tsp. Jelly; ½ c. Strawberry</p> <p>Lunch: ½ c. Spaghetti & 2 oz. Meat Sauce; ½ c. Broccoli & Cauliflower; 1 slice WW Garlic Bread; ½ c. Melon Balls</p> <p>Snack: ½ c. Broccoli w/ 2 tbsp. ranch yogurt dip</p>	<p>13 Breakfast: 1 c. Oatmeal; Medium Banana</p> <p>Lunch: ½ c. Egg Salad; 2 slices WW Bread; ½ c. Steamed Carrots; ½ c. sliced Pineapples</p> <p>Snack: ½ c. 100% Apple Juice; 1 oz. String Cheese</p>
<p>16 Breakfast: Cinnamon Raisin Bagel; 2 Tbsp. Cream Cheese; ½ c. Apple slices</p> <p>Lunch: 3 oz. Sloppy Joe; WW Bun, ½ c. Green Beans; ½ c. Peaches</p> <p>Snack: Bran Muffin; ½ c. Fruit Yogurt</p>	<p>17 Breakfast: ½ of 2 Egg, Spinach & Cheese Omelet; 2 Slices WW Toast; ½ c. Orange Slices</p> <p>Lunch: Barbeque Chicken; ½ c. WW Pasta Vegetable Salad; ½ c. Watermelon</p> <p>Snack: ½ c. 100% Grape Juice; WW toast w/ Hummus</p>	<p>18 Breakfast: 2 Waffles; 2 Tbsp. Syrup; ½ c. Mixed Berries</p> <p>Lunch: Turkey Tetrazzini; ½ c. Peas; ½ c. Mixed Fruit; 1 Choc. Chip Cookie</p> <p>Snack: ½ c. 100% cranberry juice; Pumpkin Muffin</p>	<p>19 Breakfast: 1 Blueberry Muffin; 1 Hard Boiled Egg; ½ c. Honey Dew Melon</p> <p>Lunch: Shepherd's Pie; 2 WW Bread Sticks; 1 c. Garden Salad w/veggies; 1 Tbsp. Dressing; ½ c. Apple Sauce</p> <p>Snack: Mozzarella stick; 4 WW crackers</p>	<p>20 Breakfast: 2 tbsp Peanut Butter; WW English Muffin; ½ c. Blueberries</p> <p>Lunch: Hawaiian Pizza; 1 c. Tossed Salad w/veggies; 1 Tbsp. Dressing; ½ c. Grapes</p> <p>Snack: ½ c. 100% Cranberry Juice, 1 slice Banana Bread</p>
<p>23 Breakfast: 1 Scrambled Egg; 2 Slices WW Toast; 2 tsp. Butter; ½ c. Pear Slices</p> <p>Lunch: 1 c. Beef Barley Veggie Soup; 4 WW Crackers; 1 c. Garden Salad; 1 Tbsp. Dressing; ½ c. Melon Balls</p> <p>Snack: 4 Graham Crackers; 1 Tbsp. Peanut Butter</p>	<p>24 Breakfast: Cinnamon Raisin Bagel; 2 Tbsp. Peanut Butter; ½ c. Fresh Strawberries</p> <p>Lunch: 3 oz. Oven Baked Fish; ; ½ c. Sugar Snap Peas; ½ c. Mixed Berries; 2 Slices Pumpnickel Bread</p> <p>Snack: ½ c. Cottage Cheese; 1 Banana Muffin</p>	<p>25 Breakfast: 2 Slices French Toast w/ 2 Tbsp. Syrup; ½ c. Apricot Halves</p> <p>Lunch: 3 oz. Pork Chop; 2 WW Biscuits; ½ c. Cole Slaw; ½ c. Peaches</p> <p>Snack: 4 Whole Grain Crackers; 1 oz. Cheddar Cheese</p>	<p>26 Breakfast: 1 c. Oatmeal; Medium Banana</p> <p>Lunch: ¼ c. Chicken Salad Sandwich; WW Bread; ½ c. Grapes; ½ c. Jell-O; Lettuce & Tomato</p> <p>Snack: ½ PB and jelly on WW bread; ½ c. Mandarin Oranges</p>	<p>27 Breakfast: 1 Fried Egg On WW English Muffin; 1 oz. Cheddar Cheese; ½ c. Apple Slices</p> <p>Lunch: 1 c. Macaroni and Cheese; 1 c. Garden Salad w/ veggies; 1 Slice Watermelon; 1 Tbsp. Dressing</p> <p>Snack: 1 slice Cheese Pizza</p>
<p>30 Breakfast: 1 Crepe with ½ c strawberries; 2tsp. maple syrup</p> <p>Lunch: 3 oz Meatloaf, ½ c. Mashed Potatoes, ½ c. Cooked Asparagus, 1 Slice WW bread, ½ c. Grapes</p> <p>Snack: ½ c. Cottage Cheese w/ ½ c. Mixed Fruit</p>	<p>31 Breakfast : WW Biscuit w/ Turkey Sausage; ½ c. Pineapple</p> <p>Lunch: 1 c. Turkey Noodle Soup, 1 WW Diner Roll, 1 c. Tossed Salad w/veggies; 1 tbsp Dressing 1/2 c. Pineapple, canned</p> <p>Snack: ½ c. Apple slices w/ 1oz. Cottage Cheese</p>	<p>Breakfast Served 7:30am-9:30am</p> <p>Lunch Served 12:00pm-1:15pm</p> <p>Snack Served 2:30pm</p>		 <p>MILK SERVED WITH</p> <p>ALL MEALS</p>