

# March 2010- Adult Day Program – Breakfast, Lunch, Snack Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> <b>Breakfast:</b> 1 Crepe with ½ c strawberries; 2tsp. maple syrup</p> <p><b>Lunch:</b> 3 oz Meatloaf, ½ c. Mashed Potatoes, ½ c. Cooked Asparagus, 1 Slice WW bread, ½ c. Grapes</p> <p><b>Snack:</b> ½ c. Cottage Cheese w/ ½ c. Mixed Fruit</p>	<p><b>2</b> <b>Breakfast :</b> 1 Fried Egg on 1 Bagel, ½ c. Pears</p> <p><b>Lunch:</b> 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><b>Snack:</b> ½ c. Apple slices w/ 1oz. Cottage Cheese</p>	<p><b>3</b> <b>Breakfast:</b> ½ of 2 Egg, Spinach &amp; Cheese Omelet; 2 Slices WW Toast; ½ c. Orange Slices</p> <p><b>Lunch:</b> Barbeque Chicken; ½ c. WW Pasta Vegetable Salad; ½ c. Watermelon</p> <p><b>Snack:</b> ½ c. Blueberries in ½ c. cottage cheese; 1 WW roll;</p>	<p><b>4</b> <b>Breakfast:</b> ½ c. Scramble Egg, 2 Slices WW Toast w/ Med. Banana</p> <p><b>Lunch:</b> 1 c. Pasta Tossed w/ ¼ c. Beans &amp; ½ c. Veggies; 1 oz. Parmesan Cheese; ½ c. Fruited Jello; 1 Oatmeal Roll</p> <p><b>Snack:</b> ½ c. c. Fruit yogurt, 1 Slice Pumpkin Bread</p>	<p><b>5</b> <b>Breakfast:</b> 2 tbsp Peanut Butter; WW English Muffin; ½ c. Blueberries</p> <p><b>Lunch:</b> Hawaiian Pizza; 1 c. Tossed Salad w/veggies; 1 Tbsp. Dressing; ½ c. Grapes</p> <p><b>Snack:</b> Bran Muffin; ½ c. Pineapple Juice</p>
<p><b>8</b> <b>Breakfast:</b> 1 ½ c. Cold Cereal; 1 Small Banana</p> <p><b>Lunch:</b> 2 Egg Western Omelet; ½ c. Hash Browns; 2 Slices WW Toast; ½ c. Peaches, Sliced</p> <p><b>Snack:</b> String Cheese Stick; ½ c. Pineapple Juice</p>	<p><b>9</b> <b>Breakfast:</b> 1 c. Oatmeal; 2 Tbsp. Craisins; 1 c. 100% Orange Juice</p> <p><b>Lunch:</b> Tuna Salad Sandwich; 2 Slices WW Bread; 1 c. Vegetable Soup; ½ c. Applesauce</p> <p><b>Snack:</b> 4 Whole Grain Crackers; 2 Tbsp. Peanut Butter</p>	<p><b>10</b> <b>Breakfast:</b> 2 Slices French Toast w/ 2 tbsp. syrup; ½ c. peaches</p> <p><b>Lunch:</b> Turkey Dinner; WW Roll; ½ c. Mashed Potatoes; ¼ c. Cranberry Sauce; ½ c. Green Beans; 1 Slice Pumpkin Pie</p> <p><b>Snack:</b> ½ grilled cheese sandwich on WW</p>	<p><b>11</b> <b>Breakfast:</b> WW Biscuit w/ Turkey Sausage; ½ c. Pineapple</p> <p><b>Lunch:</b> Hamburger; WW Hamburger Roll; Lettuce &amp; Tomato; ½ c. Mixed Fruit</p> <p><b>Snack:</b> ½ c. Fruit Yogurt; ½ c. Grapes</p>	<p><b>12</b> <b>Breakfast:</b> ½ c. Yogurt w/ Granola; WW English Muffin; ½ c. Peaches</p> <p><b>Lunch:</b> Multi Bean Soup w/ Whole Grain crackers, 1 piece Corn Bread; ½ c. grapes</p> <p><b>Snack:</b> ½ c. 100% Apple Juice &amp; 1 Cheese Stick</p>
<p><b>15</b> <b>Breakfast:</b> 2 Slices French Toast; 2 tbs. Syrup; ½ c. Mixed Berries</p> <p><b>Lunch:</b> Fish Scandia, ½ c. Mashed Potatoes, ½ c. Steamed Vegetables, ½ c. Mixed Fruit, 1 Peanut Butter Cookie</p> <p><b>Snack:</b> ½ WW English Muffin cheese pizza</p>	<p><b>16</b> <b>Breakfast:</b> 1 c. Cream of Wheat; ½ c. Green Apples; ½ c. fruit yogurt</p> <p><b>Lunch:</b> Lighter Turkey Lasagna, 1 c. Garden Salad, 1 WW Bread Stick, ½ c. Pear Slices</p> <p><b>Snack:</b> Blueberry Muffin, ½ c. Milk</p>	<p><b>17 St. Patrick's Day</b> <b>Breakfast:</b> 1 Scrambled Egg, 2 Slices WW toast, 1 tsp. butter, ½ c. Strawberries</p> <p><b>Lunch:</b> Corned Beef, ½ c Cabbage, ½ c Carrots, 1 Slice Irish Soda Bread, ½ c. Citrus Fruit</p> <p><b>Snack:</b> ½ cup 100% Apple Juice; 1 Cheese Stick</p>	<p><b>18</b> <b>Breakfast:</b> Cinnamon Raisin Bagel, 2 tbsp. Cream Cheese, ½ C Strawberries</p> <p><b>Lunch:</b> Baked Garlic and Herb Chicken; ½ cup Mashed Potatoes; ½ c. Melon Balls</p> <p><b>Snack:</b> ½ c. Orange Juice, Cranberry muffin; 1tsp. butter</p>	<p><b>19</b> <b>Breakfast:</b> 1 Fried Egg, 2 Slices WW Toast, 1 tsp. Jelly, ½ c. Apple Slices</p> <p><b>Lunch:</b> Baked Ziti, 1 WW Roll; ½ c. Cooked Spinach; ½ c. Apricot Halves</p> <p><b>Snack:</b> ½ c. Orange Slices, 4 Graham Crackers; 2 tbsp Peanut Butter</p>
<p><b>22</b> <b>Breakfast:</b> 2 Slices Cinnamon Toast; ½ c. Cottage Cheese w/ ½ c. berries</p> <p><b>Lunch:</b> Honey Lemon Chicken; 2 pieces corn bread; ½ Brussels Sprouts; ½ c. Cantaloupe</p> <p><b>Snack:</b> ½ c. cucumbers, 1 WW breadstick, 2 tbsp Hummus</p>	<p><b>23</b> <b>Breakfast:</b> 1 Scrambled Egg w/ 1 oz. Cheddar Cheese; WW English Muffin; ½ c. Pear Slices</p> <p><b>Lunch:</b> Turkey Chili w/ Corn Bread; 1 c. Green Salad w/ veggies; 1 Tbsp. Dressing; 1 oz. Croutons; ½ c. Cantaloupe</p> <p><b>Snack:</b> ½ c. 100% Grape Juice; WW toast w/ Hummus</p>	<p><b>24</b> <b>Breakfast:</b> ½ c. Cold Cereal; 1 slice WW Toast; ½ c. Peaches</p> <p><b>Lunch:</b> Salisbury Steak w/ Roll; ½ c. Mashed Potatoes; ½ c. Green Beans; ½ c. Mixed Fruit; 1 Molasses Cookie</p> <p><b>Snack:</b> 2 Tbsp. Peanut Butter, ½ c. Apple Slices, 4 Graham Crackers</p>	<p><b>25</b> <b>Breakfast:</b> 1 Hard Boiled Egg; WW English Muffin; 2 tsp. Jelly; ½ c. Strawberry</p> <p><b>Lunch:</b> ½ c. Spaghetti &amp; 2 oz. Meat Sauce; ½ c. Broccoli &amp; Cauliflower; 1 slice WW Garlic Bread; ½ c. Melon Balls</p> <p><b>Snack:</b> ½ c. Broccoli w/ 2 tbsp. ranch yogurt dip</p>	<p><b>26</b> <b>Breakfast:</b> 1 c. Oatmeal; Medium Banana</p> <p><b>Lunch:</b> ½ c. Egg Salad; 2 slices WW Bread; ½ c. Steamed Carrots; ½ c. sliced Pineapples</p> <p><b>Snack:</b> ½ c. 100% Apple Juice; 1 oz. String Cheese</p>
<p><b>29</b> <b>Breakfast:</b> 1 Breakfast Burrito w/ Onion, Peppers, Beans &amp; Cheese, 1 Slice WW toast, ½ c. Pineapple Cubes</p> <p><b>Lunch:</b> Vegetable Frittata; ½ c. Broccoli; 1 Biscuit; ½ c. Berry Fruit</p> <p><b>Snack:</b> ½ c. cottage Cheese with ½ cup Mixed Fruit</p>	<p><b>30</b> <b>Breakfast:</b> 2 Blueberry Pancakes, 1 tsp Maple Syrup, ½ c. Yogurt, ½ c. mixed Fruit</p> <p><b>Lunch:</b> Port Tenderloin; ½ c. Radish &amp; Carrot Slaw, ½ c. Steamed Peas, 1 WW Roll; 10 grapes</p> <p><b>Snack:</b> ½ c. 100% Orange Juice; ½ c. Rice Pudding</p>	<p><b>31</b> <b>Breakfast:</b> 2 Egg Western Omelet; 1 slice WW Toast; ½ c. Orange Juice</p> <p><b>Lunch:</b> Spring Herbed Chicken; ½ c. Polenta; ½ c. Beets; ½ c. Kiwi</p> <p><b>Snack:</b> , ½ c. 100% Cranberry Juice, 1 slice Banana Bread</p>		