

Adult Day Health Menu



Week One	LUNCH	SNACK
MONDAY	WG Chicken Nuggets* Sweet Potato Fries* Green Peas* WG Bread Milk	Fruit* Yogurt
TUESDAY	Meatballs in Marinara Sauce* WG Pasta Italian Vegetables* Breadstick Milk	Crackers Cheese
WEDNESDAY	Roast Turkey* Fresh Roasted Potatoes Harvest Vegetable Blend* WG Bread Milk	Nutri-Grain Bar Pineapple Tidbits* Milk
THURSDAY	Baked Pork Chop Patty* French Cut Green Beans* Stewed Apples* WG Roll Milk	Yogurt, granola and fruit* parfait
FRIDAY	Fish Sticks* Broccoli* Tater Tots* WG Roll Cookie Milk	WG Muffin* Banana

WG = Whole Grain

*Frozen or Canned unless otherwise denoted

Adult Day Health Menu



Week Two	LUNCH	SNACK
MONDAY	Cheeseburger on WG Bun Baked Beans* Fruit* Milk	Hummus Crackers
TUESDAY	Oven Fried Chicken Cheesy Potato Casserole* Mixed Vegetable Blend* WG Roll Milk	Yogurt Fruit*
WEDNESDAY	Baked Ham Green Beans* Macaroni & Cheese Fruit* WG Bread Milk	WG Goldfish 100% Fruit Juice
THURSDAY	Roast Beef California Blend Medley* Mashed Potatoes* WG Roll Milk	Cheese Pretzels
FRIDAY	WG Pizza* Tossed Salad w/Dressing Corn* Pudding parfait Milk	WG Cheez-its Fresh Berries

WG= Whole Grain

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