

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* Pasta Winter Blend Vegetables* WG Breadstick Milk	Crackers Cheese
WEDNESDAY	Roast Turkey* Cheesy Potato Casserole French Cut Green Beans* WG Bread Milk	Nutri-Grain Bar Pineapple Tidbits * Milk
THURSDAY	Baked Pork Chop Patty* Harvest Vegetable Blend* Stewed Apples* WG Roll Milk	Yogurt granola and fruit* parfait
FRIDAY	WG Cheese Filled Breadsticks* Tomato Soup* Tossed Salad w/Dressing Fruit* Brownie Bites Milk	WG Muffin* Banana

WG= Whole Grain

*Frozen or Canned unless
otherwise denoted

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Week Two	LUNCH	SNACK
MONDAY	Hamburger on WG Bun French Fries* Fruit* Milk	WG President Crackers Milk
TUESDAY	Oven Fried Chicken Macaroni & Cheese Mixed Vegetable Blend* WG Roll Milk	WG Cheez-its Fruit**
WEDNESDAY	Turkey Ham & Cheese Sandwich Baked Beans Fruit * Milk	Yogurt WG Graham Crackers
THURSDAY	Beef Fritter California Blend Medley* Mashed Potatoes* WG Roll Milk	WG Goldfish Fruit**
FRIDAY	WG Pizza* Tossed Salad w/Dressing Corn* Pudding parfait Milk	WG Strawberry Chex Mix 100% Fruit Juice

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Week Three	LUNCH	SNACK
MONDAY	Salisbury Steak Green Beans* Mashed Potatoes* WG Roll Milk	WG Strawberry Mini Loaf Milk
TUESDAY	Taco Meat WG Tortilla Chips Cheese Sauce* Chuckwagon Blend Vegetables* Fruit* Milk	Yogurt Canned Peaches
WEDNESDAY	WG Fish Sticks* Broccoli* Tater Tots* WG Bread Milk	WG Muffin Fruit*
THURSDAY	WG Breaded Chicken Breast* Normandy Blend Vegetables* Pasta w/Marinara Sauce* Fruit* WG Bread Milk	WG Goldfish Fruit*
FRIDAY	Mozzarella Cheese Breadstick Alphabet Soup* Fruit* Milk Cookie	WG Cheetos 100% Fruit Juice

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