

Carr Center Adult Day Snack Menu May 2024

Mon	Tue	Wed	Thu	Fri
<p>*Snacks are subject to change and/or substitution</p> <p>WG-R= Whole Grain-Rich</p>	<p>This institution is an equal opportunity provider.</p>	<p>1 Milk – 1%/1 Cup French Toast Sticks/2 Sticks Fruit/½ Cup</p>	<p>2 Milk – 1%/1 Cup Tuna Salad/1 Oz WG-R Crackers/7 Crackers</p>	<p>3 Milk – 1%/1 Cup Popcorn/3 Cups</p>
<p>6 Milk – 1%/1 Cup Sugar Free Pudding/½ Cup Fruit/½ Cup</p>	<p>7 Milk – 1%/1 Cup Uncrustable/1 Sandwich</p>	<p>8 Milk – 1%/1 Cup Cottage Cheese/1 Cup Fruit/½ Cup</p>	<p>9 Milk – 1%/1 Cup Sugar Free Yogurt/½ Cup Fruit/½ Cup</p>	<p>10 Milk – 1%/1 Cup Popcorn/3 Cups</p>
<p>13 Milk – 1%/1 Cup WG-R Muffin/1 Muffin</p>	<p>14 Milk – 1%/1 Cup French Toast Sticks/2 Sticks Fruit/½ Cup</p>	<p>15 V8 Juice/½ Cup Goldfish Crackers/½ Cup</p>	<p>16 Milk – 1%/1 Cup Cheese/1 Oz Fruit/½ Cup</p>	<p>17 Milk – 1%/1 Cup Popcorn/3 Cups</p>
<p>20 Milk – 1%/1 Cup WG-R Cereal/½ Cup</p>	<p>21 Milk – 1%/1 Cup WG-R Toast/1 Slice Cinnamon Sugar/½ Tbsp</p>	<p>22 Milk – 1%/1 Cup WG-R Toast/1 Slice Peanut Butter/1 Tbsp</p>	<p>23 Milk – 1%/1 Cup Sugar Free Pudding/½ Cup Fruit/½ Cup</p>	<p>24 Milk – 1%/1 Cup Popcorn/3 Cups</p>
<p>27 CLOSED MEMORIAL DAY!</p>	<p>28 Milk – 1%/1 Cup Pancake/1 Pancake</p>	<p>29 Milk – 1%/1 Cup Waffle/1 Waffle</p>	<p>30 Milk – 1%/1 Cup Sugar Free Yogurt/½ Cup Fruit/½ Cup</p>	<p>31 Milk – 1%/1 Cup Popcorn/3 Cups</p>

PM Snack includes at least 2 of 5 below:

Milk, fluid 1 Cup

Fruit or Vegetable or Juice, ½ Cup

Bread/Bread Alternative, 1 Slice or ¾ Cup

Meat or Meat Alternative, 1 Ounce