

Carr Center Adult Day Snack Menu January 2024

Mon	Tue	Wed	Thu	Fri
1 Closed for New Year's Day	2 Milk – 1%/1 Cup Sugar Free Pudding/½ Cup Fruit/½ Cup	3 Milk – 1%/1 Cup WG-R Cereal/½ Cup	4 V8 Juice/½ Cup Goldfish Crackers/½ Cup	5 Milk – 1%/1 Cup Popcorn/3 Cups
8 Milk – 1%/1 Cup Sugar Free Yogurt/½ Cup Fruit/½ Cup	9 Milk – 1%/1 Cup WG-R Toast/1 Slice Peanut Butter/1 Tbsp	10 Milk – 1%/1 Cup Graham Crackers/1 Sheet	11 Milk – 1%/1 Cup WG-R Muffin/1 Muffin	12 Milk – 1%/1 Cup Popcorn/3 Cups
15 Milk – 1%/1 Cup Cheese/1 Oz Fruit/½ Cup	16 Milk – 1%/1 Cup Sugar Free Pudding/½ Cup Fruit/½ Cup	17 Milk – 1%/1 Cup Waffle/1 Waffle	18 Milk – 1%/1 Cup French Toast Sticks/2 Sticks Fruit/½ Cup	19 Milk – 1%/1 Cup Popcorn/3 Cups
22 Milk – 1%/1 Cup Pancake/1 Pancake	23 Milk – 1%/1 Cup WG-R Cereal/½ Cup	24 Milk – 1%/1 Cup Uncrustable/1 Sandwich	25 Milk – 1%/1 Cup WG-R Toast/1 Slice Cinnamon Sugar/½ Tbsp	26 Milk – 1%/1 Cup Popcorn/3 Cups
29 Milk – 1%/1 Cup Tuna Salad/1 Oz WG-R Crackers/7 Crackers	30 Milk – 1%/1 Cup Sugar Free Yogurt/½ Cup Fruit/½ Cup	31 Milk – 1%/1 Cup Cottage Cheese/1 Cup Fruit/½ Cup	*Snacks are subject to change and/or substitution WG-R= Whole Grain-Rich	This institution is an equal opportunity provider.

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

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Mon	Tue	Wed	Thu	Fri
1 Closed For New Year's Day	2 Lightly Breaded Fish Macaroni & Cheese Creamy Cole Slaw Fruit	3 Beef Pepper Steak Seasoned Rice Green Bean Fruit	4 Chicago Dog Potato Wedges Marinated Cucumbers & Tomatoes Fruit	5 Pepperoni Pizza Salad Buttered Breadstick Fruit
8 Polish Sausage Potato Dumplings Sauteed Cabbage Carrots Fruit	9 Baked Glazed Ham Baked Sweet Potato Green Beans Fruit	10 Roast Turkey Au Gratin Potatoes Zucchini Red Pepper Medley Fruit	11 County Fried Steak White Gravy Mashed Potatoes Steamed Sweet Corn Whole Wheat Dinner Roll Fruit	12 Beer Battered Cod French Fries Broccoli Slaw Salad Fruit
15 Baked Glazed Ham Cheddar Hashbrown Casserole Roasted Carrots Salad Fruit	16 Caprese Chicken Smashed Red Potatoes Roasted Brussel Sprouts Salad Fruit	17 Chicken Tetrazzini Salad Buttered Breadstick Fruit	18 Salisbury Steak Mushroom Gravy Red Roasted Potatoes Roasted Brussel Sprouts Fruit	19 Pork Burger Cucumber Salad Salad Fruit
22 Tender Beef & Noodles Steamed Sweet Corn Salad Fruit	23 Prime Rib au Jus Baked Potato Broccoli Salad Fruit	24 Smoked Sausage Mashed Potatoes Sauerkraut Green Peas Salad Fruit	25 Local Pizzeria Pizza Salad Fruit	26 Country Fried Steak White Gravy Mashed Potatoes Buttered Succotash Salad Fruit
29 Herbed Pork Loin Potato Wedges Broccoli and Cheese Salad Fruit	30 Baby Back Ribs Potato Salad Beer Battered Onion Rings Salad Fruit	31 Fried Chicken Sandwich Tater Tots Veggie Blend Salad Fruit		