

Carr Center Adult Day Snack Menu April 2024

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

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