

# Carr Center Adult Day Snack Menu February 2024

Mon	Tue	Wed	Thu	Fri
<p><b>*Snacks are subject to change and/or substitution</b></p> <p><b>WG-R= Whole Grain-Rich</b></p>			<p>1 Milk – 1%/1 Cup Graham Crackers/1 Sheet</p>	<p>2 Milk – 1%/1 Cup Popcorn/3 Cups</p>
<p>5 Milk – 1%/1 Cup Sugar Free Yogurt/½ Cup Fruit/½ Cup</p>	<p>6 Milk – 1%/1 Cup WG-R Toast/1 Slice Peanut Butter/1 Tbsp</p>	<p>7 V8 Juice/½ Cup Goldfish Crackers/½ Cup</p>	<p>8 Milk – 1%/1 Cup Waffle/1 Waffle</p>	<p>9 Milk – 1%/1 Cup Popcorn/3 Cups</p>
<p>12 Milk – 1%/1 Cup WG-R Cereal/½ Cup</p>	<p>13 Milk – 1%/1 Cup Sugar Free Pudding/½ Cup Fruit/½ Cup</p>	<p>14 Milk – 1%/1 Cup WG-R Muffin/1 Muffin</p>	<p>15 Milk – 1%/1 Cup French Toast Sticks/2 Sticks Fruit/½ Cup</p>	<p>16 Milk – 1%/1 Cup Popcorn/3 Cups</p>
<p>19 Milk – 1%/1 Cup Sugar Free Yogurt/½ Cup Fruit/½ Cup</p>	<p>20 Milk – 1%/1 Cup Cheese/1 Oz Fruit/½ Cup</p>	<p>21 Milk – 1%/1 Cup Uncrustable/1 Sandwich</p>	<p>22 Milk – 1%/1 Cup WG-R Toast/1 Slice Cinnamon Sugar/½ Tbsp</p>	<p>23 Milk – 1%/1 Cup Popcorn/3 Cups</p>
<p>26 Milk – 1%/1 Cup Tuna Salad/1 Oz WG-R Crackers/7 Crackers</p>	<p>27 Milk – 1%/1 Cup Pancake/1 Pancake</p>	<p>28 Milk – 1%/1 Cup Cottage Cheese/1 Cup Fruit/½ Cup</p>	<p>29 Milk – 1%/1 Cup Sugar Free Pudding/½ Cup Fruit/½ Cup</p>	<p><b>This institution is an equal opportunity provider.</b></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**