



South Richmond Adult Day Care Center

Snack Calendar

AM/PM

AUGUST/2024

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>KEY=SF=Suger Free WG=WHOLE GRAIN WW=WHOLE WHEAT CEREALS SERVED=Corn Flakes, Total, Cheerios</p>	<p>BREAKFAST SERVED=7:30-9AM DAILY LUNCH SERVED=12 NOON DAILY PM SNACK SERVED 2:30 DAILY</p>		<p>1 AM Breakfast Waffles/SF Syrup WG Toast/SF Jelly Mixed Fruit Milk/Water</p> <p>PM Snack WG Bread w/PBJ Applesauce</p>	<p>2 AM Breakfast Pancakes WG Toast w/Cheese Peaches Milk/Water</p> <p>PM Snack Chex Mix Mixed Fruit</p>
<p>5 AM Breakfast Waffle/SF Syrup Cheese Toast Mixed Fruit Milk/Water</p> <p>PM Snack Toasted Cheese on WG Bread Mixed Fruit</p>	<p>6 AM Breakfast WG Toast w/ SF Preserves Oatmeal Banana Slices Milk/Water</p> <p>PM Snack Graham Crackers Banana Slices</p>	<p>7 AM Breakfast Cold Cereal (Total) Pancakes Peaches Milk/Water</p> <p>PM Snack Chex Mix Apple Sauce</p>	<p>8 AM Breakfast WG English Muffin w/jelly Yogurt Peaches Milk/Water</p> <p>PM Snack Animal Crackers Apple Sauce</p>	<p>9 AM Breakfast Toasted Cheese on WGB Waffle w/SF Syrup Mixed Fruit Milk/Water</p> <p>PM Snack Apple Slices Peanut Butter</p>
<p>12 AM Breakfast Pancakes WG Toast w/SF Jelly Apple Juice Milk/Water</p> <p>PM Snack Salsa w/ corn chips Peaches</p>	<p>13 AM Breakfast WG English Muffin w/cheese WG Toast w/ PB Applesauce Milk/Water</p> <p>PM Snack Chex Mix Applesauce</p>	<p>14 AM Breakfast Hard Boiled Egg Corned Beef Hash Toast w/ Cheese Peaches Milk/Water</p> <p>PM Snack WG Bread w/PBJ Pineapples</p>	<p>15 AM Breakfast Pancakes/SF Syrup Oatmeal Applesauce Milk/Water</p> <p>PM Snack Pretzels Applesauce</p>	<p>16 AM Breakfast Cold Cereal (Cheerios) WG Toast w/ SF Preserves Banana Slices Milk/Water</p> <p>PM Snack Ritz Crackers w/ Cheese Mandarin Oranges</p>
<p>19 AM Breakfast Waffles w /Syrup W G Toast w/ SF Jelly Mixed Fruit Milk/Water</p> <p>PM Snack Ritz Crackers w/ Cheese Mixed Fruit</p>	<p>20 AM Breakfast Pancakes Oatmeal Pineapples Milk/Water</p> <p>PM Snack Animal Crackers Pineapples</p>	<p>21 AM Breakfast Cold Cereal (Corn Flakes) WG Toast w/SF Preserves Peaches Milk/Water</p> <p>PM Snack Graham Crackers Peaches</p>	<p>22 AM Breakfast WG English Muffin w/SF Jelly Cheese Toast Applesauce Milk/Water</p> <p>PM Snack Cinnamon toast/SF Jelly Mandarin Oranges</p>	<p>23 AM Breakfast Pancakes/SF Syrup WG Toast/SF Jelly Mandarin Orange Milk/Water</p> <p>PM Snack ½ Chicken Salad Sandwich Applesauce</p>
<p>26 AM Breakfast WG English Muffin w/cheese Yogurt Applesauce Milk/Water</p> <p>PM Snack Salsa w/ corn chips Mixed Fruit</p>	<p>27 AM Breakfast Waffle w/ SF Syrup Cheese Toast Apple Sauce Milk/Water</p> <p>PM Snack Chex Mix Applesauce</p>	<p>28 AM Breakfast Hard Boiled Egg Turkey Bacon Toast/SF Jelly Peaches Milk/Water</p> <p>PM Snack Graham Crackers Peaches</p>	<p>29 AM Breakfast Pancakes/SF Syrup WG Toast/Cheese Pineapples Milk/Water</p> <p>PM Snack WG Bread w/Cheese Pineapples</p>	

