






South Richmond Adult Day Care Center

AM/PM - Snack Calendar

NOVEMBER 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=7:30-9 AM DAILY LUNCH SERVED=12 NOON DAILY PM SNACK SERVED 2:30 DAILY</p>			<p>1 AM Breakfast Oatmeal WG Toast w/Cheese Peaches Milk/Water</p> <p>PM Snack Chex Mix Mixed Fruit</p>
<p>4 AM Breakfast Waffle/SF Syrup Cheese Toast Mixed Fruit Milk/Water</p> <p>PM Snack Toasted Cheese on WG Bread Mixed Fruit</p>	<p>5</p>  <p>CLOSED ELECTION DAY</p>	<p>6 AM Breakfast Cold Cereal (Total) WG Toast w/SF Jelly Peaches Milk/Water</p> <p>PM Snack Chex Mix Apple Sauce</p>	<p>7 AM Breakfast WG English Muffin w/jelly Yogurt Peaches Milk/Water</p> <p>PM Snack Animal Crackers Banana slices</p>	<p>8 AM Breakfast Toasted Cheese on WGB Waffle w/SF Syrup Mixed Fruit Milk/Water</p> <p>PM Snack Apple Slices Peanut Butter</p>
<p>11</p>  <p>CLOSED VETERANS DAY</p>	<p>12 AM Breakfast WG English Muffin w/cheese WG Toast w/ PB Applesauce Milk/Water</p> <p>PM Snack Chex Mix Mandarin Oranges</p>	<p>13 AM Breakfast Hard Boiled Egg Turkey Bacon Mixed Fruit Milk/Water</p> <p>PM Snack WW Bread w/PBJ Pineapples</p>	<p>14 AM Breakfast Pancakes/SF Syrup Oatmeal Applesauce Milk/Water</p> <p>PM Snack Pretzels Applesauce</p>	<p>15 AM Breakfast Cold Cereal (Cheerios) WG Toast w/ SF Preserves Banana Slices Milk/Water</p> <p>PM Snack Ritz Crackers Mixed Fruit</p>
<p>18 AM Breakfast Waffles Yogurt Mixed Fruit Milk/Water</p> <p>PM Snack Jell-O Mixed Fruit</p>	<p>19 AM Breakfast Cheese Toast Oatmeal Pineapples Milk/Water</p> <p>PM Snack Animal Crackers Pineapples</p>	<p>20 AM Breakfast Cold Cereal (Corn Flakes) Pancakes w/SF Syrup Peaches Milk/Water</p> <p>PM Snack Graham Crackers Peaches</p>	<p>21 AM Breakfast WG English Muffin w/SF Jelly Cheese Toast Applesauce Milk/Water</p> <p>PM Snack Cinnamon toast/SF Jelly Mixed Fruit</p>	<p>22 AM Breakfast Pancakes/SF Syrup WG Toast/SF Jelly Peaches Milk/Water</p> <p>PM Snack Pretzels Sliced Apples</p>
<p>25 AM Breakfast Cold Cereal (Total) WG Toast /w Cheese Peaches Milk/Water</p> <p>PM Snack Salsa w/ corn chips Peaches</p>	<p>26 AM Breakfast Waffle w/ SF Syrup Cheese Toast Apple Sauce Milk/Water</p> <p>PM Snack Chex Mix Applesauce</p>	<p>27 AM Breakfast Hard Boiled Egg Turkey Bacon Peaches Milk/Water</p> <p>PM Snack Graham Crackers Peaches</p>	<p>28</p> <p>CLOSED THANKSGIVING DAY</p> 	<p>29</p> <p>CLOSED CONTINUED OBSERVANCE OF THANKSGIVING</p> 