



South Richmond Adult Day Care Center

Snack Calendar

AM/PM - Snack Calendar

JULY 2024



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
1 AM Breakfast Waffle w/ SF Syrup Cheese Toast Apple Sauce Milk/Water PM Snack Chex Mix Applesauce	2 AM Breakfast Cold Cereal (Corn Flakes) Pancakes w/SF Syrup Peaches Milk/Water PM Snack Jell-O Peaches	3 AM Breakfast Hard Boiled Egg Turkey Bacon Mandarin Oranges Milk/Water PM Snack Graham Crackers Mandarin Oranges	4 CLOSED 4TH OF JULY HOLIDAY	5 CLOSED 4TH OF JULY HOLIDAY
8 AM Breakfast Waffle/SF Syrup Cheese Toast Mixed Fruit Milk/Water PM Snack Toasted Cheese on WG Bread Mixed Fruit	9 AM Breakfast WG Toast w/ SF Preserves Oatmeal Banana Slices Milk/Water PM Snack Graham Crackers Peaches	10 AM Breakfast Cold Cereal (Total) Pancakes Peaches Milk/Water PM Snack Chex Mix Apple Sauce	11 AM Breakfast WG English Muffin w/jelly Yogurt Apple sauce Milk/Water PM Snack Animal Crackers Apple Sauce	12 AM Breakfast Toasted Cheese on WGB Waffle w/SF Syrup Mixed Fruit Milk/Water PM Snack Apple Slices Peanut Butter
15 AM Breakfast WG Toast w/ SF Preserves Oatmeal Banana Slices Milk/Water PM Snack Graham Crackers Apple Slices	16 AM Breakfast WG English Muffin w/cheese WG Toast w/ PB Applesauce Milk/Water PM Snack Chex Mix Applesauce	17 AM Breakfast Hard Boiled Egg Turkey Bacon Mixed Fruit Milk/Water PM Snack WW Bread w/PBJ Pineapples	18 AM Breakfast Pancakes/SF Syrup Oatmeal Peaches Milk/Water PM Snack Pretzels Applesauce	19 AM Breakfast Cold Cereal (Cheerios) Toast w/ SF Preserves Pears Milk/Water PM Snack Ritz Crackers w/ Cheese Cubes Mandarin Oranges
22 AM Breakfast Waffle w/ SF Syrup WG Toast w/ PB Mixed Fruit Milk/Water PM Snack Toasted cheese on WW bread Mixed Fruit	23 AM Breakfast Cheese Toast Oatmeal Pineapples Milk/Water PM Snack Animal Crackers Pineapples	24 AM Breakfast Cold Cereal (Corn Flakes) Pancakes w/SF Syrup Peaches Milk/Water PM Snack Graham Crackers w/PB Pears	25 AM Breakfast WG English Muffin w/SF Jelly Cheese Toast Applesauce Milk/Water PM Snack Cinnamon toast/SF Jelly Peaches	26 AM Breakfast Pancakes/SF Syrup WG Toast/SF Jelly Mandarin Orange Milk/Water PM Snack Chex Mix Applesauce
29 AM Breakfast WG English Muffin w/cheese Cheese Toast Applesauce Milk/Water PM Snack Jello Peaches	30 AM Breakfast Waffles w/SF Syrup WG Toast w/ Cheese Mixed Fruit Milk/Water PM Snack Animal Crackers Mixed Fruit	31 AM Breakfast WG English Muffin w/ SF Jelly Cheese Toast Applesauce Milk/Water PM Snack Chex Mix Applesauce	BREAKFAST SERVED= 7:30-9 AM DAILY LUNCH SERVED= 12 NOON DAILY PM SNACK SERVED 2:30 DAILY	
KEY= SF= SUGAR FREE WG= WHOLE GRAIN WW= WHOLE WHEAT				