

JANUARY 2024

JRC ADULT DAY CARE CENTER



SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
1 HAPPY NEW YEAR!! CENTER CLOSED	2 Graham Crackers Applesauce Water	3 Blueberry Muffins Water	4 WG Cheese-Its Pears Water	5 *COOKING CREATIONS* Cream of Spinach Soup Water
8 WG Trail Mix W/ Cranberries Water	9 WG Wheat Thins Peaches Water	10 WG Cheese Quesadilla Water	11 *COOKING CREATIONS* Cheeseburger Bites WG Crust Water	12 WG Saltines Applesauce Water
15 WG Pumpkin Muffins Water	16 WG Soft Pretzels W/ Cheese Water	17 *COOKING CREATIONS* Broccoli Cheese Soup WG Crackers Water	18 Grilled Cheese WG Bread Water	19 WG English Muffin Pizza W/ Mozzarella Cheese Water
22 WG Cheese-Its Mixed Fruit Water	23 *COOKING CREATIONS* Apple Crisp W/ Oats Water	24 Yogurt WG Ritz Crackers Water	25 Cheesy WG Rotini Noodles Water	26 WG Goldfish Cheese Sticks Water
29 Turkey Slices & Cheese Roll-Up Water	30 Oatmeal Orange Muffins Water	31 WG Bagel W/ Cheese Water		

This Institution is an equal Opportunity Employer

Milk – 8oz.
Meat/Meat Alternate – 2 oz.
Fruits/Vegetables – 1/2 cup
Soup – 8 oz. Yogurt -8 oz

*Snack Made
By Seniors

HM = Homemade
WG = Whole Grain Rich