


JANUARY 2024

JRC ADULT DAY CARE CENTER



Monday	Tuesday	Wednesday	Thursday	Friday
1 HAPPY NEW YEAR!! CENTER CLOSED	2 WG Pancakes W/ Syrup Turkey Sausage Milk	3 WG English Muffin W/ Cheese Milk	4 WG French Toast W/ Syrup Pineapple Milk	5 WG Biscuit W/ Jelly Strawberries Milk
8 Mult- Grain Cheerios WG Toast W/ Jelly Banana Milk	9 WG Pita & Cheese Milk	10 Yogurt Strawberries Milk	11 WG Pancakes W/ Syrup Peaches Milk	12 WG French Toast W/ Syrup Turkey Sausage Pattie Milk
15 Rice Krispies WG Toast W/ Jelly Banana Milk	16 WG Oatmeal Strawberries Milk	17 Scrambled Egg Hash Browns Milk	18 WG French Toast W/ Syrup Oranges Milk	19 WG Waffles W/ Syrup Turkey Sausage Milk
22 WG Biscuit W/ Jelly Apple Slices Milk	23 WG Cinnamon Pita Strawberries Milk	24 WG English Muffin W/ Cheese Milk	25 WG Pancakes W/ Syrup Blueberries Milk	26 WG French Toast W/ Syrup Turkey Sausage Pattie Milk
29 WG Waffles W/ Syrup Oranges Milk	30 WG Cheerios WG Toast W/ Jelly Strawberries Milk	31 Tator Tot Egg Casserole Milk	<p>Nutritional Fact: Eggs Are A Good Source of Protein that can help maintain strong muscles.</p> 	

Milk – 8oz.

Meat/Meat Alternate – 2 oz.

Fruits/Vegetables – 1/2 cup

Soup – 8oz. Yogurt -8oz

This Institution is an equal Opportunity Employer

HM = Homemade
WG = Whole Grain Rich