



Adult Life Programs November 28 – December 2, 2022, Breakfast & Snack

Monday Nov 28 Tuesday Nov 29 Wednesday Nov 30 Thursday Dec 1 Friday Dec 2

Breakfast:	Cheese egg omelet Pears English Muffin	Whole Grain Waffles Banana	WW Toast w/jelly Oatmeal Mandarin oranges	Sausage Gravy Whole Grain Biscuit Peaches	Pancake and Sausage on a Stick Mixed fruit
Snack:	Grapes Cheese Nips	½ Turkey and Cheese sandwich on WW Bread	Tortilla chips Salsa	Vanilla Yogurt Apple slices	Vienna Sausage Saltine crackers

**** Unflavored 1% Milk and Water are offered Daily with Breakfast, Lunch, and Snack ****
This institution is an Equal Opportunity Provider

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