Adult Life Programs November 9, 2026– Nov 13, 2026, Breakfast & Snack Menu

	Monday Nov 9	Tuesday Nov 10	Wednesday Nov 11	Thursday Nov 12	Friday Nov 13
Breakfast:	Cheese egg omelet Pears English Muffin	Whole Grain Waffles Banana	WW Toast w/jelly Oatmeal Mandarin oranges	Sausage Gravy 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 Apples Slices	Vienna Sausages Saltine Crackers

** Unflavored 1% Milk and Water are offered Daily with Breakfast, Lunch, and Snack **

USDA is an Equal Opportunity Provider, Employer, and Lender