



Adult Life Programs September 18, 2023 – Sept 22, 2023, Breakfast & Snack

Monday Sept 18 Tuesday Sept 19 Wednesday Sept 20 Thursday Sept 21 Friday Sept 22

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|------------|---|--|--|--|---|
| Breakfast: | Cheerios (1 Cup) WW Toast Banana | Turkey Bacon Grapes Blueberry Muffin | Scrambled Eggs Salsa WW English Muffin | Sausage links Grits Orange Juice | Scrambled Eggs Mixed Fruit WW Toast |
| Snack: | Raisins & Celery Peanut Butter (2 TBSP) | String Cheese Grapes | Mixed Fruit Cheese Fries | Carrots Wheat Thins Ranch Dressing | Popcorn Apple Juice |

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

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