



Adult Life Programs September 30, 2024– Oct 4, 2023, Breakfast & Snack Menu

Monday Sept 30

Tuesday Oct 1

Wednesday Oct 2

Thursday Oct 3

Friday Oct 4

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