

**Meal Menu for February 20, 2023- February 24, 2023**  
**BLESSINGS FOR YOU ADULT DAY CARE**

Monday 02/20/2023	Tuesday 02/21/2023	Wednesday 02/22/2023	Thursday 02/23/2023	Friday 02/24/2023
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Scrambled Eggs Fruit Cocktail 1% Milk/ Coffee/Tea	Turkey Sausage on 2 Slices of Whole Wheat Toast Applesauce 1% Milk/ Coffee/Tea	French Toast Peaches 1% Milk/ Coffee/Tea	Grits w/ Cheese Tropical Fruit 1% Milk/ Coffee/Tea	Hash Browns Pears 1% Milk/ Coffee/Tea
<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>
Animal Crackers Grape Juice	Apple Cinnamon Muffin 1% Milk	Mini Pretzels Cranberry Juice	Raisin Oatmeal Cookies Apple Juice	Harvest Cheddar Sun Chips Grape Juice
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Salmon Alfredo Seasoned Green Parsley Butter Carrots 1% Milk/ Coffee/Tea	Mac and Cheese Stewed Tomatoes Steamed Broccoli 1% Milk/ Coffee/Tea	Chicken Pot Pie Spiced Peaches Turnips & Greens 1% Milk/ Coffee/Tea	Beef Rice Mushroom Casserole Italian Mixed Vegetables Seasoned Beets 1% Milk/ Coffee/Tea	Italian Pot Roast Buttered Corn Seasoned Beets 1% Milk/ Coffee/Tea
<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>
Turkey and Cheese Sandwich Water	Triple Berry & Nuts Trail Mix Water	Tuna w/ Lettuce Sandwich Water	Graham Crackers w/ Mandarin Oranges Water	Peanut Butter and Jelly Sandwich 1% Milk

Coffee/Tea/Milk/Water/or Juice served with all meals.

**USDA Nondiscrimination Statement:** The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, family status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202)720-2600.

\*Fruit Cocktail Ingredients: peaches, diced pears, pineapples, grapes, cherries \*Tropical Fruit: red papaya, guava, pineapple, yellow papaya, grapes \*Breakfast Scramble: Eggs, Bacon, Cheese