

**Meal Menu for February 27, 2023- March 03, 2023**  
**BLESSINGS FOR YOU ADULT DAY CARE**

Monday 02/27/2023	Tuesday 02/28/2023	Wednesday 03/01/2023	Thursday 03/02/2023	Friday 03/03/2023
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cinnamon Apples Turkey Bacon 1% Milk/ Coffee/Tea	2 Waffles Fruit Cocktail 1% Milk/ Coffee/Tea	Apple Cinnamon Muffins Apple Sauce 1% Milk/ Coffee/Tea	Honey Nut Cheerios Peaches 1% Milk/ Coffee/Tea	Oatmeal w/ Cinnamon and Raisins 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>
Original Cheez- Its Orange Juice	Harvest Cheddar Sun Chips Grape Juice	Animal Crackers 1% Milk	Mozzarella Cheese Sticks w/ Mandarin Oranges Water	Lance Peanut Butter Crackers Cranberry Juice
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Pot Roast w/ Gravy Buttered Peas & Onions Roasted Cauliflower 1% Milk/ Coffee/Tea	Chicken Pot Pie Turnip Green Spice Peaches 1% Milk/ Coffee/Tea	Pork w/ Apples & Cranberries Baked Sweet Potato Cauliflower Blend Vegetables 1% Milk/ Coffee/Tea	Macaroni and Cheese Seasoned Broccoli Stewed Tomatoes 1% Milk/ Coffee/Tea	Breaded Baked Chicken Oven Roasted Potatoes Red Cabbage 1% Milk/ Coffee/Tea
<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>
Tortilla Chips w/ Original Hummus Water	Raspberry Yogurt w/ Cinnamon Granola Water	Peanut Butter & Banana Sandwich Water	Popcorn Apple Juice	Turkey Bacon, Lettuce, and Tomato Sandwich Water

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

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