

**Meal Menu for February 6, 2023- February 10, 2023**  
**BLESSINGS FOR YOU ADULT DAY CARE**

Monday 02/06/2023	Tuesday 02/07/2023	Wednesday 02/08/2023	Thursday 02/09/2023	Friday 02/10/2023
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cinnamon Apples Turkey Bacon 1% Milk/ Coffee/Tea	Buttered Grits Peaches 1% Milk/ Coffee/Tea	Scrambled Eggs w/ Cheese Pears 1% Milk/ Coffee/Tea	French Toast Applesauce 1% Milk/ Coffee/Tea	Oatmeal Tropical Fruit 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 Chex Mix Grape Juice	Strawberry and Banana Smoothie w/ Graham Crackers Crumbles Water	Chewy Oatmeal Raisin Granola Bar 1% Milk	Original Sun Chips w/ Fresh Tangerines Water	White Cheddar Cheez- Its Cranberry Juice
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Hoppin John Seasoned Turnip Greens Stewed Tomatoes 1% Milk/ Water	Chicken Dumpling Seasonal Vegetable Warm Winter Salad 1% Milk/ Water	Mac and Cheese Seasoned Broccoli Stewed Tomatoes 1% Milk/ Water	Chicken and Broccoli Casserole Whole Wheat Penne Seasoned Green Beans 1% Milk/ Water	Breaded Baked Chicken Sweet Potato Pudding Red Cabbage 1% Milk/ Water
<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>
Grilled Cheese and Tomato Sandwich Water	Cream Cheese and Chives Crackers Apple Juice	Peach Yogurt w/ Graham Crackers Water	Animal Crackers Orange Juice	Cucumber and Tomato Salad 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