

**Meal Menu for January 9, 2023- January 13, 2023**  
**BLESSINGS FOR YOU ADULT DAY CARE**

Monday 01/09/2023	Tuesday 01/10/2023	Wednesday 01/11/2023	Thursday 01/12/2023	Friday 01/13/2023
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Oatmeal Applesauce 1% Milk/ Coffee/Tea	French Toast Peaches 1% Milk/ Coffee/Tea	Cheerios Fruit Cocktail 1% Milk/ Coffee/Tea	Turkey Sausage Biscuit Mandarin Oranges 1% Milk/ Coffee/Tea	2 Boiled eggs w/ Turkey Bacon 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>
Raspberry Yogurt w/ Granola Water	Apple Cinnamon Muffin 1% Milk	Original Sun Chips w/ Spinach & Artichoke Dip Water	Tiny Twist Pretzels w/ Avocado Spread Water	Apple Cinnamon Nutri Grain Bar 1% Milk
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Chicken Pot Pie Seasoned Green Beans Baked Apples 1% Milk/ Water	Beef Rice Mushroom Casserole Italian Mixed Vegetables Seasoned Beets 1% Milk/ Water	Baked Fish w/ Lemon Butter Brussel Sprouts Risotto Seasonal Vegetables 1% Milk/ Water	Pork w/ Apples and Cranberries Baked Sweet Potatoes California Blend 1% Milk/ Water	Breaded Baked Chicken Roasted Glazed Root Vegetables Seasonal Vegetable 1% Milk/ Water
<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>
Animal Crackers Grape Juice	Strawberry & Banana Smootie Water	Cream Cheese and Chives Crackers Apple Juice	Peanut Butter Crackers Orange Juice	Tortilla Chips w/ Salsa Water
<p>Coffee/Tea/Milk/Water/or Juice served with all meals.  <b>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.</b></p>				

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