

Senior Care & Activities Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 2 Pancakes 2 oz 2 Turkey Sausage Links 2 oz L/S Jelly, S/F Syrup Cut Melon in Natural Juice 4 oz 4 oz Juice 8 oz Milk</p>	<p>2 Asst. Cereals: Rice Krispies, Corn Flakes, Cheerios ¾ cup Raisin Bread 1 sl ea LF/SF Yogurt 6 oz Banana 4 oz Juice 8 oz Milk</p>	<p>3 Plain Egg Omelet 4 oz 1 Turkey Sausage Patty 2 oz Raisin Bread 1 sl ea Banana 4 oz Juice 8 oz Milk</p>	<p>4 Asst. Cereals: Rice Krispies, Corn Flakes, Cheerios ¾ cup Raisin Bread 1 sl ea LF/SF Yogurt 6 oz Banana 4 oz Juice 8 oz Milk</p>	<p>5 French Toast Slices 2 ea S/F Syrup 2 Turkey Sausage Links 2 oz Cut Melon in Natural Juice 4 oz 4 oz Juice 8 oz Milk</p>
<p>8 2 Pancakes 2 oz 1 Turkey Sausage Patty 2 oz L/S Jelly, S/F Syrup Cut Melon in Natural Juice 4 oz 4 oz Juice 8 oz Milk</p>	<p>9 Plain Egg Omelet 4 oz 2 Turkey Sausage Links 2 oz Raisin Bread 1 sl ea Banana 4 oz Juice 8 oz Milk</p>	<p>10 Asst. Cereals: Rice Krispies, Corn Flakes, Cheerios ¾ cup Raisin Bread 1 sl ea LF/SF Yogurt 6 oz Banana 4 oz Juice 8 oz Milk</p>	<p>11 French Toast Slices 2 ea S/F Syrup 1 Turkey Sausage Patty 2 oz Cut Melon in Natural Juice 4 oz 4 oz Juice 8 oz Milk</p>	<p>12 Asst. Cereals: Rice Krispies, Corn Flakes, Cheerios ¾ cup Raisin Bread 1 sl ea LF/SF Yogurt 6 oz Banana 4 oz Juice 8 oz Milk</p>
<p>15 2 Pancakes 2 oz 2 Turkey Sausage Links 2 oz L/S Jelly, S/F Syrup Cut Melon in Natural Juice 4 oz 4 oz Juice 8 oz Milk</p>	<p>16 Asst. Cereals: Rice Krispies, Corn Flakes, Cheerios ¾ cup Raisin Bread 1 sl ea LF/SF Yogurt 6 oz Banana 4 oz Juice 8 oz Milk</p>	<p>17 <i>Happy St. Patrick's Day!</i> Plain Egg Omelet 4 oz 1 Turkey Sausage Patty 2 oz Raisin Bread 1 sl ea Banana 4 oz Juice 8 oz Milk</p>	<p>18 Asst. Cereals: Rice Krispies, Corn Flakes, Cheerios ¾ cup Raisin Bread 1 sl ea LF/SF Yogurt 6 oz Banana 4 oz Juice 8 oz Milk</p>	<p>19 French Toast Slices 2 ea S/F Syrup 2 Turkey Sausage Links 2 oz Cut Melon in Natural Juice 4 oz 4 oz Juice 8 oz Milk</p>
<p>22 2 Pancakes 2 oz 1 Turkey Sausage Patty 2 oz L/S Jelly, S/F Syrup Cut Melon in Natural Juice 4 oz 4 oz Juice 8 oz Milk</p>	<p>23 Plain Egg Omelet 4 oz 2 Turkey Sausage Links 2 oz Raisin Bread 1 sl ea Banana 4 oz Juice 8 oz Milk</p>	<p>24 Asst. Cereals: Rice Krispies, Corn Flakes, Cheerios ¾ cup Raisin Bread 1 sl ea LF/SF Yogurt 6 oz Banana 4 oz Juice 8 oz Milk</p>	<p>25 French Toast Slices 2 ea S/F Syrup 1 Turkey Sausage Patty 2 oz Cut Melon in Natural Juice 4 oz 4 oz Juice 8 oz Milk</p>	<p>26 Asst. Cereals: Rice Krispies, Corn Flakes, Cheerios ¾ cup Raisin Bread 1 sl ea LF/SF Yogurt 6 oz Banana 4 oz Juice 8 oz Milk</p>
<p>29 2 Pancakes 2 oz 1 Turkey Sausage Patty 2 oz L/S Jelly, S/F Syrup Cut Melon in Natural Juice 4 oz 4 oz Juice 8 oz Milk</p>	<p>30 Asst. Cereals: Rice Krispies, Corn Flakes, Cheerios ¾ cup Raisin Bread 1 sl ea LF/SF Yogurt 6 oz Banana 4 oz Juice 8 oz Milk</p>	<p>31 Plain Egg Omelet 4 oz 1 Turkey Sausage Patty 2 oz Raisin Bread 1 sl ea Banana 4 oz Juice 8 oz Milk</p>	<p><i>Daily Beverage Choices:</i> 8 oz 1% Milk 8 oz 1% Chocolate Milk 8 oz Nonfat Lactaid Milk Asst. 100% Fruit Juice-4 oz Coffee, Tea</p>	<p><i>Daily Alternatives Available:</i> Waffles Vegetarian Sausage Yogurt Toast Peanut Butter Sugar-Free Jelly</p>