

## Adult Care Center of the NSV, Inc Snack Menu

# February 2021

\*An alternative snack is available upon request. Otherwise, families are welcome to bring something from home and staff will serve for the day's snack.\*

| Monday                                                                                                                                                              | Tuesday                                                                                                                                                     | Wednesday                                                                                                                                       | Thursday                                                                                                                                                                                 | Friday                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br><br><b>AM:</b> Fruit Cup/Juice<br><b>Diabetic:</b> Same<br><br><b>PM:</b> Nutri-grain Bar/Water<br><b>Diabetic:</b> Same                                | <b>2</b><br><br><b>AM:</b> Bananas & Strawberries/Juice<br><b>Diabetic:</b> Same<br><br><b>PM:</b> Ice Cream/Water<br><b>Diabetic:</b> SF Same              | <b>3</b><br><br><b>AM:</b> Toast /Juice<br><b>Diabetic:</b> SF Same<br><br><b>PM:</b> Chicken Salad on Crackers/Water<br><b>Diabetic:</b> Same  | <b>4</b><br><br><b>AM:</b> Special K Cereal Bar /Juice<br><b>Diabetic:</b> SF Same<br><br><b>PM:</b> Graham Crackers with Peanut butter / Water<br><b>Diabetic:</b> Same                 | <b>5</b><br><br><b>AM:</b> Oatmeal w/blueberries /Juice<br><b>Diabetic:</b> SF Same<br><br><b>PM:</b> Apple Pie Bites /Water<br><b>Diabetic:</b> Same |
| <b>8</b><br><br><b>AM:</b> Nutri-grain Bar/Juice<br><b>Diabetic:</b> Belvita<br><br><b>PM:</b> Peanut Butter Crackers /Water<br><b>Diabetic:</b> Same               | <b>9</b><br><br><b>AM:</b> Pastry crisp/Juice<br><b>Diabetic:</b> Same<br><br><b>PM:</b> Graham Crackers /Water<br><b>Diabetic:</b> SF Same                 | <b>10</b><br><br><b>AM:</b> Oatmeal/Juice<br><b>Diabetic:</b> Same<br><br><b>PM:</b> Ice Cream/ Water<br><b>Diabetic:</b> SF Same               | <b>11</b><br><br><b>AM:</b> Cottage Cheese w/Peaches /Juice<br><b>Diabetic:</b> SF Same<br><br><b>PM:</b> Pimento Sandwich/Water<br><b>Diabetic:</b> Same                                | <b>12</b><br><br><b>AM:</b> Pancakes /Juice<br><b>Diabetic:</b> Same<br><br><b>PM:</b> Ice Cream /Water<br><b>Diabetic:</b> SF Same                   |
| <b>15</b><br><br><b>AM:</b> Cottage Cheese w/mandarin oranges /Juice<br><b>Diabetic:</b> Same<br><br><b>PM:</b> Ice Cream & Cupcake /Water<br><b>Diabetic:</b> Same | <b>16</b><br><br><b>AM:</b> Oatmeal/Juice<br><b>Diabetic:</b> Same<br><br><b>PM:</b> Fruit Cup /Water<br><b>Diabetic:</b> Same                              | <b>17</b><br><br><b>AM:</b> Pastry Crisp /Juice<br><b>Diabetic:</b> Same<br><br><b>PM:</b> Ice Cream/ Water<br><b>Diabetic:</b> SF Same         | <b>18</b><br><br><b>AM:</b> Graham Crackers w/peanut butter & honey /Juice<br><b>Diabetic:</b> Same<br><br><b>PM:</b> Cucumber and cream cheese sandwich /Water<br><b>Diabetic:</b> Same | <b>19</b><br><br><b>AM:</b> Cheese Crackers/Juice<br><b>Diabetic:</b> Same<br><br><b>PM:</b> Pudding/ Water<br><b>Diabetic:</b> SF Same               |
| <b>22</b><br><br><b>AM:</b> Toast /Juice<br><b>Diabetic:</b> SF Same<br><br><b>PM:</b> Ice Cream /Water<br><b>Diabetic:</b> Same                                    | <b>23</b><br><br><b>AM:</b> Apples with yogurt dip /Juice<br><b>Diabetic:</b> SF Same<br><br><b>PM:</b> Egg Salad sandwich / Water<br><b>Diabetic:</b> Same | <b>24</b><br><br><b>AM:</b> Bananas & Strawberries/Juice<br><b>Diabetic:</b> Same<br><br><b>PM:</b> Ice Cream/Water<br><b>Diabetic:</b> SF Same | <b>25</b><br><br><b>AM:</b> Yogurt w/cereal/ Juice<br><b>Diabetic:</b> SF Same<br><br><b>PM:</b> Ham Salad Crackers/Water<br><b>Diabetic:</b> SF Same                                    | <b>26</b><br><br><b>AM:</b> Pancakes /Juice<br><b>Diabetic:</b> Same<br><br><b>PM:</b> Ice Cream /Water<br><b>Diabetic:</b> SF Same                   |

Vitamin A source

Vitamin C source