

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

# January 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p><b>AM:</b> Yogurt w/cereal/ Juice <b>Diabetic:</b> SF Same</p> <p><b>PM:</b> Ham Salad Crackers/Water <b>Diabetic:</b> SF Same</p>	<p><b>4</b></p> <p><b>AM:</b> Graham Crackers with PB /Juice <b>Diabetic:</b> SF Same</p> <p><b>PM:</b> Ice Cream /Water <b>Diabetic:</b> Same</p>	<p><b>5</b></p> <p><b>AM:</b> Oatmeal /Juice <b>Diabetic:</b> Same</p> <p><b>PM:</b> Ice Cream/Water <b>Diabetic:</b> SF Same</p>	<p><b>6</b></p> <p><b>AM:</b> Nutri-grain Bar /Juice <b>Diabetic:</b> Same</p> <p><b>PM:</b> Cheese Crackers /Water <b>Diabetic:</b> Same</p>	<p><b>7</b></p> <p><b>AM:</b> Apples with yogurt dip /Juice <b>Diabetic:</b> SF Same</p> <p><b>PM:</b> Ice Cream/Water <b>Diabetic:</b> SF Same</p>
<p><b>10</b></p> <p><b>AM:</b> Pastry Crisp /Juice <b>Diabetic:</b> Same</p> <p><b>PM:</b> ½ Egg Salad Sandwich/Water <b>Diabetic:</b> SF Same</p>	<p><b>11</b></p> <p><b>AM:</b> Nutri-grain Bar/Juice <b>Diabetic:</b> Same</p> <p><b>PM:</b> Baked Apples /Water <b>Diabetic:</b> SF Same</p>	<p><b>12</b></p> <p><b>AM:</b> Oatmeal w/blueberries/Juice <b>Diabetic:</b> Same</p> <p><b>PM:</b> Ice Cream/ Water <b>Diabetic:</b> SF Same</p>	<p><b>13</b></p> <p><b>AM:</b> Cottage Cheese w/Fruit /Juice <b>Diabetic:</b> SF Same</p> <p><b>PM:</b> ½ Pimento Sandwich/Water <b>Diabetic:</b> Same</p>	<p><b>14</b></p> <p><b>AM:</b> Pancakes /Juice <b>Diabetic:</b> Same</p> <p><b>PM:</b> Ice Cream /Water <b>Diabetic:</b> SF Same</p>
<p><b>17</b></p> <p><b>AM:</b> Cottage Cheese w/Fruit /Juice <b>Diabetic:</b> Same</p> <p><b>PM:</b> Ice Cream/Water <b>Diabetic:</b> Same</p>	<p><b>18</b></p> <p><b>AM:</b> Oatmeal/Juice <b>Diabetic:</b> Same</p> <p><b>PM:</b> Nutrigrain Bar /Water <b>Diabetic:</b> Same</p>	<p><b>19</b></p> <p><b>AM:</b> Pastry Crisp /Juice <b>Diabetic:</b> Same</p> <p><b>PM:</b> Ice Cream/ Water <b>Diabetic:</b> SF Same</p>	<p><b>20</b></p> <p><b>AM:</b> Graham Crackers w/peanut butter &amp; honey /Juice <b>Diabetic:</b> Same</p> <p><b>PM:</b> ½ Cucumber and cream cheese sandwich /Water <b>Diabetic:</b> Same</p>	<p><b>21</b></p> <p><b>AM:</b> Cheese Crackers/Juice <b>Diabetic:</b> Same</p> <p><b>PM:</b> Pudding/ Water <b>Diabetic:</b> SF Same</p>
<p><b>24</b></p> <p><b>AM:</b> Graham Crackers with PB /Juice <b>Diabetic:</b> SF Same</p> <p><b>PM:</b> Ice Cream /Water <b>Diabetic:</b> Same</p>	<p><b>25</b></p> <p><b>AM:</b> Apples with yogurt dip /Juice <b>Diabetic:</b> SF Same</p> <p><b>PM:</b> ½ Egg Salad sandwich / Water <b>Diabetic:</b> Same</p>	<p><b>26</b></p> <p><b>AM:</b> Oatmeal w/blueberries /Juice <b>Diabetic:</b> SF Same</p> <p><b>PM:</b> Peanut Butter &amp; Jelly Bites /Water <b>Diabetic:</b> SF Same</p>	<p><b>27</b></p> <p><b>AM:</b> Pancakes /Juice <b>Diabetic:</b> Same</p> <p><b>PM:</b> Ice Cream /Water <b>Diabetic:</b> SF Same</p>	<p><b>28</b></p> <p><b>AM:</b> Nutri-grain Bar /Juice <b>Diabetic:</b> Pastry Crisp</p> <p><b>PM:</b> Chicken Salad on Crackers/Water <b>Diabetic:</b> Same</p>

<b>31</b>  <b>AM:</b> Graham Crackers /Juice <b>Diabetic:</b> Same  <b>PM:</b> Ice Cream /Water <b>Diabetic:</b> SF Same				
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Vitamin A source

Vitamin C source