



Emory Valley Adult Day Program Lunch & Snack Menu July 9th -13th 2018

Monday 9 th	Tuesday 10 th	Wednesday 11 th	Thursday 12 th	Friday 13 th
Morning Snack: Oatmeal with apple juice	Morning Snack: Applesauce with milk	Morning Snack: yogurt with grape juice	Morning Snack: Graham Crackers with berry juice	Morning Snack: Cheese Stick with apple juice
Lunch: Whole Wheat Tortilla Cheese Quesadilla Refried beans Fruit Cocktail Milk	Lunch: Whole Wheat Noodles Baked Spaghetti (beef) Green beans Pears Milk	Lunch: Whole Wheat Tortilla Beef/cheese Enchilada Casserole Whole Kernel Corn Banana Milk	Lunch: Whole Wheat Bread Ham/cheese Lettuce/Celery/Carrots Applesauce Milk	Lunch: Whole Wheat Bun Chicken Pot Pie Green Peas Peaches Milk
Afternoon Snack: Cheese Stick with Grape Juice	Afternoon Snack: Graham Crackers with berry juice	Afternoon Snack: Applesauce with grape juice	Afternoon Snack: Rice Cake with milk	Afternoon Snack: yogurt