



**January 2019
Accord Adult Day Center
Snack Menu**



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Please note :
Daily menu is
subject to change
without notice



1 CLOSED


**2 Peanut butter
& whole grain
crackers**


**3 Trail mix with cheerios,
craisins &
raisins**



**4 cheese and whole grain
crackers**


5 cheese sticks and fruit cup


*In accordance with Federal Law
and U.S. Department of Agricul-
ture policy, this prohibited from
discriminating on basis of race,
color, national origin, sex, age,
or disability."*


**7 blueberry & yogurt
parfaits**


**8 Peanut butter
& whole grain
crackers**



**9 Trail mix with cheerios,
craisins & raisins**



**10 Cheese & whole grain
crackers**


**11 peanut butter banana
treats**


12 Pear & yogurt parfaits






**14 peanut butter
grahams**


15 Cottage cheese & triscuits


**16 Cheese & whole
grain crackers**


17 pineapple yogurt parfaits



**18 Trail mix with cheerios,
craisins & raisins**


**19 Peanut butter
& whole grain
crackers**





21 Cheese & fruit cup


**22 Cottage cheese &
pineapples**


**23 Peanut butter
& whole grain
crackers**



**24 Yogurt & peach
parfaits**



**25 Trail mix with cheerios,
craisins & raisins**


**26 blueberry & yogurt
parfaits**


**IF YOU HAVE ANY FOOD
ALLERGY PLEASE NOTIFY
STAFF**

**28 Cheese & whole grain
crackers**


**29 Trail mix with cheerios,
craisins &
raisins**


30 Cottage cheese & triscuits


**31 Peach & yogurt
parfaits**