

Main Line Adult Day Center Menu

The following components are given for each meal/snack as determined by the Child and Adult Care Food Program (CACFP)

Breakfast	Lunch	Snack-Two of the following:
<ul style="list-style-type: none"> • ½ c Juice or Fruit or Vegetable • 2 Servings of Whole Grains/Breads • 1 c 1% Milk 	<ul style="list-style-type: none"> • 2 oz. Meat/Meat Alternative • ½ c of Fruit and ½ c of Vegetable • 2 Servings Whole Grains/Breads • 1 c 1% Milk 	<ul style="list-style-type: none"> • 1 oz. Meat/Meat Alternative such as yogurt • 1 Serving of Fruit or Vegetable • 1 Serving whole Grains/Breads • 1 c. 1% Milk

Breakfast and Snack are on a weekly cycle. Alternatives are available to accommodate doctor prescribed meal restrictions/plans. Menu is subject to change but components will still be provided. Water is available at all meals. 100 % real juice is an alternate of the fruit component and is only one time a day if applicable.

Breakfast Menu

Toast is available for an alternative to cereal - Coffee or tea is available as an extra when all components are served.

Breakfast cereals do not contain more than 2 grams of sugar per dry ounce. 6 oz or yogurt may be used instead of 8 oz of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
2 cup Cheerios ½ cup bananas 1 cup of 1% Milk	2 cup Cheerios ½ cup bananas 1 cup of 1% Milk	2 cup Cheerios ½ cup bananas 1 cup of 1% Milk	2 cup Cheerios ½ cup bananas 1 cup of 1% Milk	2 cup Cheerios ½ cup bananas 1 cup of 1% Milk

Snack Menu

100% Fruit Juice may be served as an alternative to 1% Milk. Iced tea is available as an extra when all components are served.

Monday	Tuesday	Wednesday	Thursday	Friday
2 whole graham crackers 1 c 1% Milk	20 Gold Fish Crackers ½ cup Apple Juice	5 Wheat Thins ½ cup Apple Juice	½ cup Pretzels ½ cup Fruit Cocktail	7 Ritz Crackers 2 oz. Cheese