

## Volunteers of American - Park Elder Center Cycle Menu Week One



Monday		Tuesday		Wednesday		Thursday		Friday	
AM Snack		AM Snack		AM Snack		AM Snack		AM Snack	
<b>Yogurt, all flavors</b>	4 oz.	<b>Bananas, fresh</b>	1 banana	<b>Eggs, hard boiled</b>	1 egg	<b>Grapes, fresh</b>	1/2 cup	<b>Apples, fresh</b>	1/2 cup
<b>Rice Porridge, enriched</b>	1/2 cup	<b>Rice Porridge, enriched</b>	1/2 cup	<b>Rice Porridge, enriched</b>	1/2 cup	<b>Rice Porridge</b>	1/2 cup	<b>Rice Porridge</b>	1/2 cup
PM Snack		PM Snack		PM Snack		PM Snack		PM Snack	
<b>Juice, 100%, Apple and Orange</b>	1/2 cup	<b>Carrots, fresh, raw</b>	1/2 cup	<b>Juice, 100%, Apple and Orange</b>	1/2 cup	<b>Bananas, fresh</b>		<b>Yogurt, all flavors</b>	4 oz.
<b>Crackers, Butter Round</b>	7 crackers	<b>Noodles (in soup)</b>	1/2 cup	<b>Crackers, Cheez-its</b>	18 crackers	<b>Bread, WG or enriched</b>	1 slice	<b>Cookies, Vanilla Wafers</b>	9 cookies



## Volunteers of America - Park Elder Center Cycle Menu Week Two

Monday		Tuesday		Wednesday		Thursday		Friday	
AM Snack		AM Snack		AM Snack		AM Snack		AM Snack	
Eggs, Hard boiled	1 egg	Apples, fresh	1/2 cup	Eggs, Hard boiled	1 egg	Juice, 100%, Apple and Orange	1/2 cup	Strawberries, fresh	1/2 cup
Rice Porridge, enriched	1/2 cup	Rice Porridge, enriched	1/2 cup	Rice Porridge, enriched	1/2 cup	Rice Porridge, enriched	1/2 cup	Rice Porridge, enriched	1/2 cup
PM Snack		PM Snack		PM Snack		PM Snack		PM Snack	
Grapes, fresh	1/2 cup	Juice, 100%, Apple and Orange	1/2 cup	Noodles (in soup)	1/2 cup	Cantaloupe, fresh, slices	1/2 cup	Cookies, Oreos	6 cookies
Crackers, Saltines	7 crackers	Bread, WG or enriched	1 slice	Cauliflower, fresh, raw	1/2 cup	Yogurt, all flavors	4 oz.	Fluid Milk, 1%	1 cup

If you need to make permanent changes to the cycle menu, please contact Partnersin Nutrition. For temporary changes, use the substitutions log

## Volunteers of America - Park Elder Cycle Menu Week Three



Monday		Tuesday		Wednesday		Thursday		Friday	
AM Snack		AM Snack		AM Snack		AM Snack		AM Snack	
Yogurt, all flavors	4 oz.	Bananas, fresh	1 banana	Eggs, hard boiled	1 egg	Grapes, fresh	1/2 cup	Apples, fresh	1/2 cup
Rice Porridge, enriched	1/2 cup	Rice Porridge, enriched	1/2 cup	Rice Porridge, enriched	1/2 cup	Rice Porridge	1/2 cup	Rice Porridge	1/2 cup
PM Snack		PM Snack		PM Snack		PM Snack		PM Snack	
Juice, 100%, Apple and Orange	1/2 cup	Carrots, fresh, raw	1/2 cup	Juice, 100%, Apple and Orange	1/2 cup	Bananas, fresh		Yogurt, all flavors	4 oz.
Crackers, Butter Round	7 crackers	Noodles (in soup)	1/2 cup	Crackers, Cheez-its	18 crackers	Bread, WG or enriched	1 slice	Cookies, Vanilla Wafers	9 cookies

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# Volunteers of America - Park Elder Center Cycle Menu Week Four

Monday		Tuesday		Wednesday		Thursday		Friday	
AM Snack		AM Snack		AM Snack		AM Snack		AM Snack	
Eggs, Hard boiled	1 egg	Apples, fresh	1/2 cup	Eggs, Hard boiled	1 egg	Juice, 100%, Apple and Orange	1/2 cup	Strawberries, fresh	1/2 cup
Rice Porridge, enriched	1/2 cup	Rice Porridge, enriched	1/2 cup	Rice Porridge, enriched	1/2 cup	Rice Porridge, enriched	1/2 cup	Rice Porridge, enriched	1/2 cup
PM Snack		PM Snack		PM Snack		PM Snack		PM Snack	
Grapes, fresh	1/2 cup	Juice, 100%, Apple and Orange	1/2 cup	Noodles (in soup)	1/2 cup	Cantaloupe, fresh, slices	1/2 cup	Cookies, Oreos	6 cookies
Crackers, Saltines	7 crackers	Bread, WG or enriched	1 slice	Cauliflower, fresh, raw	1/2 cup	Yogurt, all flavors	4 oz.	Fluid Milk, 1%	1 cup

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