

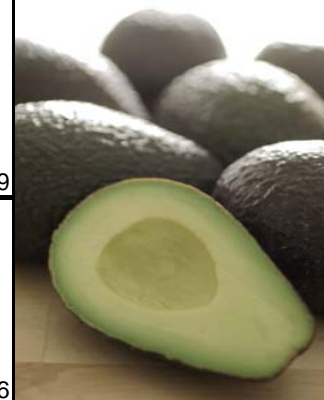
Bay Area Community Services
Home Delivery
Sample Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Hummus, Cucumber & Whole Wheat Pita Mint Iced Tea 3	Blue Corn Tortilla Chips Tomato Salsa Limeade 4	Celery Sticks & Peanut Butter Sparkling Cranberry Black Cherry 5	Cottage Cheese w/ Celery & Carrot Sticks Berry Lemonade 6	Peach Yoghurt Lemon Iced Tea 7
Carrot Sticks w/ Buttermilk Dip Herb Iced Tea (Calm) Sparkling Black Berry Pomegranite Juice 10	Turkey, Cranberry & Orange Salad Stoned Wheat Thins Organic Iced Tea 11	Lentil Salad w/ Cucumber Sticks Sparkling Pomegranate Lemonade 12	Provole Slice Whole Wheat Crackers Grapes Pomegranite Iced Tea 13	Black Bean Salad Yellow Corn Tortillas Mango Iced Tea 14
Rice Salad w/ Herbs Carrot & Celery Sticks Herb Iced Tea (Calm) 17	Peanut Butter, Jelly Graham Crackers Sparkling Wild Berry Juice 18	Cucumber Sticks & Herb Dip Organic Iced Tea 19	Swiss Cheese Slice Whole Grain Bread Sparkling Mango Juice 20	Granola Bar Apple Lemon Iced Tea 21
Natural Fish Crackers Carrot & Celery Sticks Herb Iced Tea 24	<p style="text-align: center;">Christmas Day</p>	Blue Berry Yoghurt Pear Sparkling Pomegranate Lemonade 26	Turkey Ham Salad Whole Wheat Roll Orange Mango Iced Tea 27	Brown Rice & Broccoli Salad Sparkling Wild Berry Juice 28
Three Bean Salad Plum Iced Tea 31				

Bay Area Community Services
 Congregate Sample Snack
 Menu

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Natural Fish Crackers Carrot & Celery Sticks Herb Iced Tea 24	Christmas Day 25	Blue Berry Yoghurt Pear Sparkling Pomegranate Lemonade 26	Turkey Ham Salad Whole Wheat Roll Orange Mango Iced Tea 27	Brown Rice & Broccoli Salad Sparkling Wild Berry Juice 28
Three Bean Salad Plum Iced Tea 31				

Bay Area Community Services
 Sample Snack Menu
 Weekends



Saturday	Sunday
Egg Salad Mini Bagel Lemon Green Iced Tea 1	Marinated Broccoli Whole Wheat Crackers Sparkling Wild Berry Juice 2
Sliced Cheddar Cheese Whole Grain Bread Grapes Iced Tea 8	White Corn Tortilla Chips Green Salsa Passion Fruit Iced Tea 9
Corn Bread Honey Butter Lemon Iced Tea 15	Granola Bar Tangerine Sparkeling Blackberry Pomegranate Jucie 16
Tuna Salad w/ Cucumber Whole Wheat Crackers Orangic Lemon Iced Tea 22	Cottage Cheese Pinappel Pieces Banana Berry Lemonade 23
Tuna Salad Whole Wheat Roll Berry Lemonade Iced Tea 29	Peanut Butter, Honey & Banana Graham Crackers Orange Mango Iced Tea 30