SHORE UP! INC. Helping People. Changing Lives.

This institution is an equal opportunity provider and employer

ADULT DAY CENTER

NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 WG Breakfast Sandwich Fresh Orange Wedges Tuscan Bean Stew Tropical Fruit Garlic Breadstick WG Tortilla Chips Tomato Sauce	3 WG Bagel w/ Cream Cheese Fresh Banana Chicken Burrito Bowl Diced Chicken Diced Mango WG Brown Rice Enriched Naan Dippers Yogurt	4 Peachy Baked Oatmeal Turkey & Cheese Melt Creamy Tomato Basil Soup Pineapple Tidbits WG Bread WG Cheesy Breadstick	5 WG Cold Cereal Fruit Cocktail Scrambled Eggs & Sausage Hash Brown Patty Mixed Berries WG Biscuit Fresh Apple Slices Pretzel Goldfish	6 Buttermilk Pancake Diced Strawberries WG Cheese Pizza Tossed Salad Mandarin Oranges Diced Pears Apple Cinnamon Muffin
9 WG Egg & Cheese Stuffed Biscuit Tropical Fruit BBQ Meatballs Mashed Potatoes Smashed Blueberries Dinner Roll WG Cheese Quesadilla	10 WG Cheese Toast Diced Peaches WG Fish Stick Tacos Coleslaw Diced Mango WG Animal Cookies Vanilla Yogurt	11 Spiced Oatmeal Diced Pears White Bean Soup Pineapple Tidbits WG Cheesy Breadstick Vegetable Egg Roll	12 WG Cold Cereal Fruit Cocktail Spaghetti & Meat Sauce Italian Green Beans Diced Strawberries Apples Slices WG Goldfish	13 WG Waffles Mixed Berries Chicken Jambalaya Roasted Okra Orange Wedges Corn Bread WG Bagel Cheese
16 Scrambled Eggs Hashbrown Rosemary Roast Chicken Mixed Vegetables Diced Pears Brown Rice Fruit Pizza	17 Cinnamon Toast Diced Peaches Three Bean Chili Fresh Banana Corn Muffin Apple Slices Sun Chips	18 Vanilla Yogurt Diced Strawberries WG Cheeseburger Sweet Potato Puffs Diced Mango English Muffin Spiced Sun butter	19 WG Cold Cereal Pineapple Tidbits Chicken Alfredo California Blend Veggies Orange Wedges WG Penne Pasta Tropical Fruit Pretzels	20 Apple Cinnamon Muffin Hard Boiled Egg Mixed Berries Turkey Tetrazzini Garlic Roasted Peas Mandarin Oranges Flat Bread Dipper Hummus
23 Breakfast Pizza Diced Peaches Baked Cheesy Tortellini Roasted Parmesan Broccoli Tropical Fruit WG Cheese Toast	24 English Muffin Hard Boiled Egg Pineapples Tidbits Beef & Bean Quesadilla Corn Salsa Diced Mango Pumpkin Applesauce Cinnamon Bug Bites	**25** Cheesy Grits Diced Strawberries Chicken Fried Rice Vegetables Egg Roll Mandarin Oranges Guacamole Tortilla Chips	**26** 	**27** 
30 WG Breakfast Sandwich Fresh Orange Wedges Tuscan Bean Stew Tropical Fruit Garlic Breadstick WG Tortilla Chips Tomato Sauce	**Notes:** 1% Milk served with Breakfast and Lunch			