

Healthy Aging center Acacia June 2023 Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*All fruit cups are served in natural fruit juices.</p> <p>Menu is subject to change.</p> <p>*WGR – Whole Grain Rich</p>	<p>Adult Snack Menu</p> <p>The Great American Lunch Box 2620 Newport Blvd. Costa Mesa, CA 92627</p>		1.	2.
			<p>Goldfish Pretzel Bag – WGR (1 bag = 1 oz equivalent)</p> <p>String Cheese (1 oz)</p>	<p>Banana (1/2 cup)</p> <p>Honey Graham Cracker Bag - WGR (.78 oz) (1 oz equivalent)</p>
5.	6.	7.	8.	9.
<p>Mandarin Orange Cup in Natural Juice (1/2 cup)</p> <p>Yogurt – Low Fat (4 oz)</p>	<p>Wheat Cracker Bag - WGR (1 oz equivalent)</p> <p>String Cheese (1 oz)</p>	<p>Sliced Apple Bag (1/2 cup)</p> <p>Honey Graham Cracker Bag - WGR (.78 oz) (1 oz equivalent)</p>	<p>Banana (1/2 cup)</p> <p>Goldfish Pretzel Bag – WGR (1 bag = 1 oz equivalent)</p>	<p>Mini Bagel - WGR (1 oz)</p> <p>Swiss Cheese Slices (1 oz)</p>
12.	13.	14.	15.	16.
<p>Peach Cup in Natural Juice (1/2 cup)</p> <p>Cottage Cheese (2 oz)</p>	<p>Yogurt – Low Fat (4 oz)</p> <p>Banana (1/2 cup)</p>	<p>Mandarin Orange Cup in Natural Juice (1/2 cup)</p> <p>Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent)</p>	<p>String Cheese (1 oz)</p> <p>Goldfish Pretzel Bag – WGR (1 bag = 1 oz equivalent)</p>	<p>Sliced Apple Bag (1/2 cup)</p> <p>Wheat Cracker Bag - WGR (1 oz equivalent)</p>
19.	20.	21.	22.	23.
<p>Mandarin Orange Cup in Natural Juice (1/2 cup)</p> <p>Yogurt – Low Fat (4 oz)</p>	<p>Wheat Cracker Bag - WGR (1 oz equivalent)</p> <p>String Cheese (1 oz)</p>	<p>Applesauce - Unsweetened (1/2 cup)</p> <p>Honey Graham Cracker Bag - WGR (.78 oz) (1 oz equivalent)</p>	<p>Jungle Cracker Bag - WGR (1 oz equivalent)</p> <p>Sliced Apple Bag (1/2 cup)</p>	<p>Mixed Fruit Cup in Natural Juice (1/2 cup)</p> <p>Mini Bagel - WGR (1 oz)</p>
26.	27.	28.	29.	30.
<p>Pear Cup in Natural Juice (1/2 cup)</p> <p>Cottage Cheese (2 oz)</p>	<p>Wheat Cracker Bag - WGR (1 oz equivalent)</p> <p>String Cheese (1 oz)</p>	<p>Yogurt – Low Fat (4 oz)</p> <p>Mixed Fruit Cup in Natural Juice (1/2 cup)</p>	<p>Goldfish Pretzel Bag – WGR (1 bag = 1 oz equivalent)</p> <p>String Cheese (1 oz)</p>	<p>Sliced Apple Bag (1/2 cup)</p> <p>Honey Graham Cracker Bag - WGR (.78 oz) (1 oz equivalent)</p>

The Child and Adult Care Food Program is a component of the USDA and administered by The California Department of Education, Nutrition Services Division. This institution is an equal opportunity provider.

Kikkoman Soy Milk is offered to participants when indicated due to a medical or other special dietary need.

Healthy Aging Center Acacia

June 2023 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu is subject to change.</p>  <p>1% unflavored milk is provided at mealtime.</p>	<p>The Great American Lunch Box 2620 Newport Blvd. Costa Mesa, CA 92627</p> <p>*WGR – Whole Grain Rich</p>		<p>1. (3 oz) BBQ Chicken Sandwich</p> <p>Green Beans and Onions (1/2 c.) Pineapple (1/2 c.) 1% Milk (8 oz)</p>	<p>2. (2.5 oz) Chicken Verde</p> <p>Black Beans (1/2 c.) Mild Salsa (1/2 oz) Mixed Fruit (1/2 c.) Tortilla - WGR (2 oz) 1% Milk (8 oz)</p>
<p>5. (2 oz) Chicken Dippers</p> <p>Mixed Vegetables (1/2 c.) Basmati Rice - WGR (1 c.) Applesauce (1/2 c.) 1% Milk (8 oz)</p>	<p>6. (4 oz) Fish Fillet Sandwich - WGR</p> <p>Fish (4oz) Tartar Sauce Peas (1/2 c.) Mixed Fruit (1/2 c.) Bun - WGR (2 oz) 1% Milk (8 oz)</p>	<p>7. Soft Tacos</p> <p>Ground Turkey Taco Meat (3 oz) Corn (1/2 c.) Mild Salsa (1 oz) Pears (1/2 c.) Tortillas - WGR (2 oz) 1% Milk (8 oz)</p>	<p>8. Meatball Hoagie</p> <p>Meatballs (4 each = 2 oz) French Roll - WGR (2.6 oz) Red Potatoes (1/2 c.) Pineapple (1/2 c.) 1% Milk (8 oz)</p>	<p>9. (3 oz) Chicken w/ Tomatoes</p> <p>Broccoli Normandy (1/2 c.) Basmati Rice – WGR (1 c.) Banana (1/2 c.) 1% Milk (8 oz)</p>
<p>12. (5.5 oz) Cheese Lasagna- WGR</p> <p>Mixed Vegetables (1/2 c.) Pineapple (1/2 c.) Bread - WGR (1 oz) 1% Low Fat Milk (8 oz) (3 Jumbo Ravioli = 2 oz meat and 1 oz grain equivalent)</p>	<p>13. (2 oz) Meatballs (Beef) with Sesame Sauce</p> <p>Meatballs (4 each = 2 oz) Broccoli Normandy (1/2 c.) Pears (1/2 c.) Brown Rice – WGR (1 c.) 1% Milk (8 oz)</p>	<p>14. (3 oz) Turkey and Gravy</p> <p>Mashed Potatoes (1/2 c.) Roll – WGR (2 oz) Peaches (1/2 c.) 1% Milk (8 oz)</p>	<p>15. (2 oz) Beef Dippers</p> <p>Green Beans (1/2 c.) Basmati Rice - WGR (1 c.) Mixed Fruit (1/2 c.) 1% Milk (8 oz)</p>	<p>16. Cheeseburger on a Bun - WGR</p> <p>Hamburger Patty (2.5 oz) Cheese (1 slice) Bun - WGR (2 oz) Ketchup Red Potatoes (1/2 c.) Applesauce (1/2 c.) Celebration Dessert 1% Milk (8 oz)</p>
<p>19. (2.4 oz) Beef Patty w/ Mushrooms</p> <p>Mixed Vegetables (1/2 c.) Roll - WGR (2 oz) Pineapple (1/2 c.) 1% Milk (8 oz)</p>	<p>20. (3 oz) Korean BBQ Chicken</p> <p>Carrots (1/2 c.) Pears (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)</p>	<p>21. (3.15 oz) Chicken Parmesan</p> <p>Peas (1/2 c.) Mixed Fruit (1/2 c.) French Roll - WGR (2 oz) 1% Low Fat Milk (8 oz)</p>	<p>22. (2 oz) Beef Meatballs with Kabob Seasoning</p> <p>Meatballs (4 each = 2 oz) Tomatoes with Red Onion Garnish (1/2 c.) Basmati Rice - WGR (1 c.) Applesauce (1/2 c.) 1% Milk (8 oz)</p>	<p>23. Soft Tacos</p> <p>Ground Turkey Taco Meat (3 oz) Corn (1/2 c.) Mild Salsa (1 oz) Peaches (1/2 c.) Tortillas - WGR (2 oz) 1% Milk (8 oz)</p>
<p>26. (8 oz) Beef Stew w/Potatoes</p> <p>Green Beans (1/2 c.) Pineapple (1/2 c.) Roll – WGR (2 oz) 1% Milk (8 oz)</p>	<p>27. (3.3 oz) Cheese Ravioli - WGR</p> <p>Peas and Carrots (1/2 c.) Roll - WGR (2 oz) Applesauce (1/2 c.) 1% Milk (8 oz)</p>	<p>28. (3 oz) Beef Meatloaf</p> <p>Mixed Vegetables (1/2 c.) Pears (1/2 c.) Bread – WGR (2 oz) 1% Milk (8 oz)</p>	<p>29. (3 oz) Sweet and Sour Chicken</p> <p>Carrots (1/2 c.) Peaches (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)</p>	<p>30. (2.25 oz) Tuna Salad, Sliced Bread - WGR</p> <p>Tuna Salad (3 oz) Bread – WGR (2 slices) Peas and Carrots (1/2 c.) Banana (1/2 c.) 1% Milk (8 oz)</p>

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**11391 Acacia Parkway
 Garden Grove, CA 92840
 714-530-1566**

Center Business Hours
 Monday - Friday
 7:00am - 4:30pm

CBAS Program Hours
 Monday - Friday
 9:00am - 3:00pm

ADHC/ADP Program Hours
 Monday - Friday
 8:00am - 3:00pm

Breakfast will be provided
 Until 10:00am

Lunch will be served.
 At 12:00pm

Program Operations Manager
 Natalie Franks
Activities Coordinator
 Kate Koo
Activities Coordinator Assistant
 Agnes Tolentino

Activities subject to change
 If you are in need of additional support, would like to learn more about the services and resources we provide or need someone to talk to, please call our Helpline

844-373-4400

Maintenance
Physical Therapy
 8:00am to 11:30am &
 12:30pm to 2:30pm

Maintenance
Occupational Therapy
 8:00am to 11:30am
 12:30pm to 1:30pm

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>6/02 - Alzoc shirt 6/09 - wear blue or green 6/16 - wear shirt with tie 6/23 - wear jeans and bright colors 6/30 - wear yellow or orange</p>				
<p>5 9:00 am Pledge of Allegiance 9:15 am Quiz Mo 10:00 am Health & Wellness w/ Matthew * 10:00 am Memories in the Making 11:00 am Table Games 12:45 pm Gardening w/ Amanda & Pam * 1:00 pm Dominos & Tri - Ominos 1:30 pm Color & Chat</p>	<p>6 9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer * 10:00 am ESL Class w/ Mai 10:30 am Loteria 11:00 am Table Games 1:00 pm SCFTA's Movement and Music Class w/ Gina * 1:30 pm Nail & Hand care 1:30 pm Reminiscing & Table Talk</p>	<p>7 9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Melina* 10:00 am Acacia's Silver Vocalists 10:15 am Nutrition Bingo 11:00am Balloon Volleyball 1:00 pm Fitness Fun w/ Kathleen* 1:15 pm Bracelets Making 1:30 pm Movie Matinee</p>	<p>8 9:00 am Pledge of Allegiance 9:15 am Disney Bingo 10:00 am Music Appreciation w/ Greg 10:00 am Memory Game 11:00 am Table Games 1:00 pm Indoor Bowling w/ Dee 1:15 pm Puzzles w/ Friends 1:30 pm Cultural Video</p>	<p>2 Senior Fitness Day 9:00 am Pledge of Allegiance 9:15 am Morning Yoga with Dee 10:00 am Parachute Game. 10:30 am Walk to the Park w/ Pam 11:00 am Table Games 1:00 pm Chair Exercise Bingo 1:15 pm Trivia 1:30 pm Movie Time</p>
<p>12 9:00 am Pledge of Allegiance 9:15 am Disney Bingo 10:00 am Health & Wellness w/ Matthew * 10:00 am Memories in the Making 11:00 am Table Games 12:45 pm Gardening w/ Amanda & Dee * 1:00 pm Number Game 1:30 pm Color & Chat</p>	<p>13 9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer * 10:00 am ESL Class w/ Mai 10:30 am Animal Bingo 11:00 am Table Games 1:00 pm Sensory Spa w/ Dee 1:00 pm Stretch & Flex w/ Pam 1:00 pm Memory Game 1:30 pm Reminiscing & Table Talk</p>	<p>14 9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Melina * 10:00 am Acacia's Silver Vocalists 10:15 am Walk to the Park w/ Dee 11:00 am Table Games 1:00 pm Fitness Fun w/ Kathleen * 1:00 pm Dominos & tri ominos 1:15 pm Memory Game 1:30 pm Movie Matinee</p>	<p>15 9:00 am Pledge of Allegiance 9:15 am Sweet Bingo 10:00 am Acacia ESL Class w/ Pam 10:00 am Music Appreciation w/ Greg * 11:00 am Nail & Hand Care 1:00 pm Mambo Steps w/ Mai 1:15 pm Memory Matching Game 1:30 pm Cultural Video</p>	<p>9 Word Ocean Day 9:00 am Pledge of Allegiance 9:15 am Around the World Bingo 10:30 am Polynesian Dance Therapy with Katherine * 11:00 am Seashell Scavenger hunt 1:00 pm Under the sea craft 1:15 pm Table games 1:30 pm Movie Time</p>
<p>19 9:00 am Pledge of Allegiance 9:15 am Music Bingo 10:00 am Health & Wellness w/ Matthew * 10:00 am Memories in the Making 11:00 am Table Games 12:45 pm Gardening w/ Amanda w/ Mai * 1:00 pm Balloon volleyball 1:30 pm Color & Chat</p>	<p>20 9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer * 10:00 am ESL Class w/ Mai 10:30 am Quiz Mo 11:00 am Table Games 1:00 am Sensory Spa w/ Pam 1:00 pm Stretch & Flex w/ Dee 1:00 pm Arts & Craft 1:30 pm Reminiscing & Table Talk</p>	<p>21 9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Melina * 10:00 am Acacia's Silver Vocalist 10:30 am Polynesian Dance Therapy w/ Katherine * 11:00 am Table Games 1:00 pm Fitness Fun w/ Kathleen * 1:00 pm Dominos & Tri - ominos 1:15 pm Card Games 1:30 pm Movie Matinee</p>	<p>22 9:00 am Pledge of Allegiance 9:15 am Aloha Bingo 10:00 am Music Appreciation w/ Greg* 10:00 am Nail & Hand Care 11:00 am Table Games 1:00 pm Mambo Steps w/ Mai 1:15 pm Dominos & Tri ominos 1:30 pm Cultural Video</p>	<p>23 Summer Picnic Day 9:00 am Pledge of Allegiance 9:15 am Summer Dance with Jim 10:00 am Picnic Basket toss 10:30 am Outdoor Water Balloon Fun 11:00 am Table Games 1:00 pm Sweet Bingo 1:15 pm Dominos & Tri ominos 1:30 pm Movie Time</p>
<p>26 9:00 am Pledge of Allegiance 9:15 am Fiesta Bingo 10:00 am Health & Wellness w/ Matthew * 10:00 am Memories in the Making 11:00 am Table Games 12:45 pm Gardening w/ Amanda & Agnes * 1:00 pm Number Game 1:30 pm Color & Chat</p>	<p>27 9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer * 10:00 am ESL Class w/ Mai 10:30 am Sweet Bingo 10:00 am Color & Chat 11:00 am Table Games 1:00 pm Sensory Spa w/ Dee 1:00 pm Stretch & Flex w/ Pam 1:30 pm Reminiscing & Table Talk</p>	<p>28 9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Melina * 10:00 am Acacia's Silver Vocalists 10:15 am Number Bingo 11:00 am Table Games 1:00 pm Fitness Fun w/ Kathleen * 1:00 pm Dominos & tri ominos 1:15 pm Puzzle w/ Friends 1:30 pm Movie Matinee</p>	<p>29 Birthday Celebration 9:00 am Pledge of Allegiance 9:15 am Birthday Bingo 10:00 am Acacia ESL Class w/ Pam 10:00 am Music Appreciation w/ Greg * 11:00 am Nail & Hand Care 1:00 pm Mambo Steps w/ Mai 1:15 pm Participants Council 1:30 pm Cultural Video</p>	<p>30 Summer Kick - Off Party 9:00 am Pledge of Allegiance 9:15 am Let's Paint w/ Mai 10:00 am Outdoor Summer Fun 10:30 am Parachute Game 11:00 am Summer color & Chat 1:00 pm Number Bingo 1:15 pm Dominos & Tri ominos 1:30 pm Summer Movie</p>

Find our: YouTube channel: [Healthy Aging Center: Acacia](#)



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* Specialized Group Activities