

Healthy aging center Acacia February 2024 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>		<p>1.</p> <p>Applesauce Cup (1/2 cup)</p> <p>Goldfish Pretzel Bag – WGR (1 bag = 1 oz equivalent)</p>	<p>2.</p> <p>Mini Bagel - WGR (1 oz)</p> <p>Swiss Cheese Slices (1 oz)</p>
<p>5.</p> <p>Peach Cup in Natural Juice (1/2 cup)</p> <p>Cottage Cheese (2 oz)</p>	<p>6.</p> <p>Yogurt – Low Fat (4 oz)</p> <p>Pineapple (1/2 cup)</p>	<p>7.</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>8.</p> <p>String Cheese (1 oz)</p> <p>Goldfish Pretzel Bag – WGR (1 bag = 1 oz equivalent)</p>	<p>9.</p> <p>Sliced Apple Bag (1/2 cup)</p> <p>Cheeze-It Cracker Bag - WGR (.78 oz) (1 oz equivalent)</p>
<p>12.</p> <p>Mandarin Orange Cup in Natural Juice (1/2 cup)</p> <p>Yogurt – Low Fat (4 oz)</p>	<p>13.</p> <p>Jungle Cracker Bag - WGR (1 oz equivalent)</p> <p>Sliced Apple Bag (1/2 cup)</p>	<p>14.</p> <p>Banana (1/2 cup)</p> <p>Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent)</p>	<p>15.</p> <p>Wheat Cracker Bag - WGR (1 oz equivalent)</p> <p>String Cheese (1 oz)</p>	<p>16.</p> <p>Mixed Fruit Cup in Natural Juice (1/2 cup)</p> <p>Mini Bagel - WGR (1 oz)</p>
<p>19.</p> <div style="text-align: center;">  </div>	<p>20.</p> <p>Cheeze-It Cracker Bag - WGR (.78 oz) (1 oz equivalent)</p> <p>String Cheese (1 oz)</p>	<p>21.</p> <p>Mini Bagel - WGR (1 oz)</p> <p>Mandarin Orange Cup in Natural Juice (1/2 cup)</p>	<p>22.</p> <p>Sliced Apple Bag (1/2 cup)</p> <p>Yogurt – Low Fat (4 oz)</p>	<p>23.</p> <p>Goldfish Pretzel Bag – WGR (1 bag = 1 oz equivalent)</p> <p>Banana (1/2 cup)</p>
<p>26.</p> <p>Jungle Cracker Bag - WGR (1 oz equivalent)</p> <p>Yogurt – Low Fat (4 oz)</p>	<p>27.</p> <p>Mandarin Orange Cup in Natural Juice (1/2 cup)</p> <p>String Cheese (1 oz)</p>	<p>28.</p> <p>Cottage Cheese (2 oz)</p> <p>Sliced Apple Bag (1/2 cup)</p>	<p>29.</p> <p>Banana (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

February 2024 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The menu is subject to change.</p>  <p>1% unflavored milk is provided at mealtimes.</p>	<p>The Great American Lunch Box 2620 Newport Blvd. Costa Mesa, CA 92627</p> <p>*WGR – Whole Grain Rich</p>		<p>1. 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>2. Sweet and Sour Chicken (3 oz)</p> <p>Carrots (1/2 c.) Peaches (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz) Celebration Dessert</p>
5.	6.	7.	8.	9.
<p>(3.15 oz)</p> <p>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>(2 oz)</p> <p>Meatballs (Beef) with BBQ Sauce</p> <p>Meatballs (4 each = 2 oz) Broccoli Normandy (1/2 c.) Banana (1/2 c.) Bread – WGR (2 oz.) 1% Milk (8 oz)</p>	<p>(3.62 oz)</p> <p>Chicken Patty and Gravy</p> <p>Chicken Patty Grilled (2.62 oz) Gravy (1 oz) Mashed Potatoes (1/2 c.) Roll – WGR (2 oz) Peaches (1/2 c.) 1% Milk (8 oz)</p>	<p>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>(2 oz)</p> <p>Beef Dippers</p> <p>Green Beans (1/2 c.) Basmati Rice - WGR (1 c.) Pineapple (1/2 c.) 1% Milk (8 oz)</p>
12.	13.	14.	15.	16.
<p>(3 oz)</p> <p>Korean BBQ Chicken</p> <p>Carrots (1/2 c.) Pears (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)</p>	<p>(2.4 oz)</p> <p>Beef Patty w/ Mushrooms</p> <p>Peas (1/2 c.) French Roll - WGR (2 oz) Pineapple (1/2 c.) 1% Milk (8 oz)</p>	<p>(3 oz)</p> <p>Glazed Pineapple Chicken</p> <p>Mixed Vegetables (1/2 c.) Peaches (1/2 c.) Roll - WGR (2 oz) 1% Milk (8 oz) Celebration Dessert</p>	<p>(2 oz)</p> <p>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>(2.25 oz)</p> <p>Tuna Salad, Sliced Bread - WGR</p> <p>Tuna Salad (3 oz) Bread – WGR (2 slices) Green Beans (1/2 c.) Banana (1/2 c.) 1% Milk (8 oz)</p>
19.	20.	21.	22.	23.
	<p>(3 oz)</p> <p>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>(3 oz)</p> <p>Beef Meatloaf</p> <p>Mixed Vegetables (1/2 c.) Banana (1/2 c.) Bread – WGR (2 oz) 1% Milk (8 oz)</p>	<p>(3.3 oz)</p> <p>Cheese Lasagna- WGR</p> <p>Peas and Carrots (1/2 c.) Roll - WGR (2 oz) Pineapple (1/2 c.) 1% Milk (8 oz)</p>	<p>(2 oz)</p> <p>Chicken Dippers</p> <p>Green Beans (1/2 c.) Basmati Rice - WGR (1 c.) Applesauce (1/2 c.) 1% Milk (8 oz)</p>
26.	27.	28.	29.	Revised on 1-17-24
<p>(3 oz)</p> <p>BBQ Chicken Sandwich</p> <p>Green Beans and Onions (1/2 c.) Pineapple (1/2 c.) 1% Milk (8 oz)</p>	<p>(2 oz)</p> <p>Beef Meatballs with Fajita Vegetables</p> <p>Meatballs (4 each = 2 oz) Broccoli Normandy (1/2 c.) Basmati Rice - WGR (1 c.) Pears (1/2 c.) 1% Milk (8 oz)</p>	<p>(3.6 oz)</p> <p>Baked Cajun Fish</p> <p>Roll – WGR (2 oz) Tartar Sauce (1 oz) Red Potatoes (1/2 c.) Peaches (1/2 c.) 1% Milk (8 oz)</p>	<p>(2.5 oz)</p> <p>Chicken Verde</p> <p>Black Beans (1/2 c.) Mild Salsa (1 oz) Mixed Fruit (1/2 c.) Tortilla - WGR (2 oz) 1% Milk (8 oz)</p>	

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

Center Business Hours

Monday - Friday
 8:00 am - 4:30 pm

CBAS Program Hours

Monday - Friday
 9:00 am - 3:00 pm

ADHC/ADP Program Hours

Monday - Friday
 8:00 am - 3:00 pm

Breakfast will be provided

Until 10:00 am

Lunch will be served

At 12:00 pm

Snack will be served

At 2:00 pm

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 at

844-373-4400

Maintenance Physical Therapy

8:00 am to 11:30 am &
 12:30 pm to 1:30 pm

Maintenance Occupational Therapy

8:00 am to 11:30 am &
 12:30 pm to 1:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
9:00am Pledge of Allegiance 9:15am Sweet Bingo 10:00am Chair Fitness w/ Matt * 10:00am Memories in the Making 10:30am Table Games 11:00am Sensory Spa 1:00pm Gardening w/ Amanda/M 1:00pm Bean Bag Toss w/ Dee 1:00pm Men's Squad w/ Pam 1:30pm Color & Chat Corner	9:00am Pledge of Allegiance 9:15am Art Class w/ Jennifer * 10:00am ESL Class w/ Mai 10:00am Aloha Bingo 10:30am Nail & Hand Care 11:00am Number Games 1:00pm Move to the Beat w/ Dee 1:00pm Water Coloring w/ Mai 1:00pm Table Games 1:30pm Movie Matinee	9:00am Pledge of Allegiance 9:15am Cooking Class w/ Efren* 10:00am Acacia's Silver Vocalists 10:30am Nutrition Bingo 11:00am Number Game 1:00pm Fitness Fun w/ Devon * 1:00pm Men's Squad Group chat 1:00pm Sensory Spa 1:30pm Color & Chat Corner	9:00am Pledge of Allegiance 9:15am Quiz Mo 10:00am Music Appreciation w/ Greg * 10:30am Nail & Hand Care 11:00am Table Games w/ Pam 1:00pm Mambo Steps w/ Mai 1:00pm Dominos Challenge w/ Pam 1:00pm Color & Chat w/ Dee 1:30pm Movie Time	9:30am Pledge of Allegiance 9:15am Quynh Music Singers 10:00am Kitchen God Report 10:30am Staff Traditional Hat Dance 11:00am Ao Dai Fashion Show 11:30am Acacia Dragon Dancers 1:00pm Lunar New Year Bingo 1:00pm Dominos & Tri Ominos 1:30pm Tét Documentary
12	13	14	15	16
9:00am Pledge of Allegiance 9:15am Valentine's Bingo 10:00am Chair Fitness w/ Matt * 10:00am Memories in the Making 10:30am Table Games 11:00am Sensory Spa 1:00pm Gardening w/ Amanda/D 1:00pm Valentines Craft w/ Mai 1:00pm Men's Squad w/ Pam 1:30pm Color & Chat Corner	9:00am Pledge of allegiance 9:15am Art Class w/ Jennifer * 10:00am ESL Class with Mai 10:00am Fiesta Bingo 10:30am Nail & Hand Care 11:00am Balloon Volleyball 1:00pm SCFTA's Movement and Music Class w/ Gina * 1:00pm Dominos & Tri Ominos 1:30pm Movie Matinee	<i>Valentine's Day</i> Valentine's Masquerade 9:00am Pledge of Allegiance 9:15am Cooking Class w/ Efren* 10:00am Acacia's Silver Vocalist 10:30am Valentine's Bingo 11:00am King & Queen Winner 1:00pm Fitness Fun w/ Devon * 1:00pm Valentines Craft w/ Pam 1:00pm Men's Squad Group Chat 1:30pm Sleepless in Seattle Movie	9:00am Pledge of Alliance 9:00am Sweet Bingo 10:00am Music Appreciation w/ Greg * 10:30am Penny Ante w/ Pam 11:00am Balloon Volleyball 1:00pm Mambo Steps w/ Mai 1:00pm Color & Chat w/ Pam 1:00pm Nail & Hand Care w/ Dee 1:30pm Movie Time	President's Day Celebration 9:00am Pledge of Allegiance 9:15am Presidents Bingo 10:30am RW&B craft w/ Mai 11:00am Table Games 1:00pm Water Coloring w/ Dee 1:00pm Nail & Hand Care w/ Mai 1:00pm Men's Squad w/ Pam 1:30pm Air force One Movie
19	20	21	22	23
CLOSED 	9:00am Pledge of Allegiance 9:15am Art Class w/ Jennifer * 10:00am ESL Class w/ Mai 10:00am Music Bingo 10:30am Nail & Hand Care 11:00am Number Games 1:00pm Flex & Stretch w/ Pam 1:00pm Sensory Spa 1:00pm Table Games 1:30pm Movie Matinee	9:00am Pledge of Allegiance 9:30am Cooking Class w/ Efren* 10:00am Acacia's Silver Vocalist 10:30am Nutrition Bingo 11:00am Table Games 1:00pm Fitness Fun w/ Devon* 1:00pm Men's Squad Group Chat 1:00pm Dominos & Tri - Ominos 1:00pm Sensory Spa 1:30pm Color & Chat Corner	9:00am Pledge of Allegiance 9:15am Quiz Mo 10:00am Music Appreciation w/ Greg * 10:30am Participants Council 11:00am Table Games 1:00pm Mambo Steps w/ Mai 1:00pm Nail & Hand Care w/ Dee 1:30pm Dominos Challenge w/ Pam 1:30pm Movie Time	Senior Winter Olympic 9:00am Pledge of Allegiance 9:15am Acacia Olympic Challenge 10:00am Winter Ski Craft w/ Mai 10:00am Sports Bingo 10:30am Walk to the Park w/ Dee 11:00am Olympic Toss 1:00pm Winter Stretch w/ Dee 1:00pm Men's Squad w/ Pam 1:30pm Color & Chat Corner
26	27	28	29	REMINDER 2/2 - Wear Red, Gold or Ao Dai 2/9 - Wear your favorite football Team Jersey, shirt or Hat 2/14 - Wear red, pink or purple 2/16 - Wear red, white & blue 2/23 - Wear Blue Alzoc shirt & Jeans
9:00am Pledge of Allegiance 9:15am Nutrition Bingo 10:00am Chair Fitness w/ Matt * 10:00am Memories in the Making 10:30am Table Games 11:00am Sensory Spa 1:00pm Gardening w/ Amanda/M 1:00pm Parachute Game w/ Dee 1:00pm Men's Squad w/ Pam 1:30pm Color & Chat Corner	9:00am Pledge of allegiance 9:15am Art Class w/ Jennifer * 10:00am ESL Class with Mai 10:00am Jingo 10:30am Nail & Hand Care 11:00am Balloon Volleyball 1:00pm Move to the Beat w/ Dee 1:00pm Water coloring w/ Pam 1:00pm Number Games 1:30pm Tuesday Movie Matinee	9:00am Pledge of Allegiance 9:15am Cooking Class w/ Efren* 10:00am Acacia's Silver Vocalists 10:15am Polynesian Dance Therapy w/ Katherine * 11:00am Number Game 1:00pm Fitness Fun w/ Devon * 1:00pm Men's Squad Group Chat 1:00pm Nail & Hand Care 1:30pm Color & Chat Corner	Birthday Celebration 9:00am Pledge of Allegiance 9:15am Birthday Bingo 10:00am Music Appreciation w/ Greg * 11:00am Table Games 1:00pm Mambo Steps w/ Mai 1:00pm Color & Chat 1:30pm Movie Time	

