

Super Snack Rotation

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Snack 1	Snack 1	Snack 1	Snack 1	Snack 1	Snack 1	Snack 1
6oz Cappuccino Milkshake	Wild Berry Magic Cup	½ cup Butterscotch Pudding	Orange Magic Cup	½ cup Banana Pudding	6 oz Egnog Milkshake	½ cup Chocolate Pudding
Snack 2	Snack 2	Snack 2	Snack 2	Snack 2	Snack 2	Snack 2
½ cup Lemon Pudding	2 Sugar Cookies and 4 oz Whole Milk	6 oz Strawberry Milkshake	2 Peanut Butter Cookies and 4 oz Whole Milk	6 oz Chocolate Milkshake	2 Oatmeal Raisin Cookies and 4 oz Whole Milk	6 oz Orange Creme Milkshake
Total Calories <u>442</u> Protein <u>9.1 g</u>	Total Calories <u>448</u> Protein <u>13.3 g</u>	Total Calories <u>430</u> Protein <u>13 g</u>	Total Calories <u>515</u> Protein <u>14 g</u>	Total Calories <u>438</u> Protein <u>10.5 g</u>	Total Calories <u>465</u> Protein <u>15 g</u>	Total Calories <u>380</u> Protein <u>14 g</u>

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