

# Snack Rotation List for Long-term Care Facilities



Snack Time	Diet	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 AM	Regular	muffin	doughnut	bagel w/cream cheese	banana	muffin	coffee cake	Danish
	Consistent CHO	½ muffin	½ plain doughnut	½ bagel w/cream cheese	½ banana	½ muffin	coffee cake, 1" square	½ Danish
	NAS	muffin	doughnut	bagel w/cream cheese	banana	muffin	coffee cake	Danish
	Mechanical Soft	muffin	doughnut	yogurt	banana	muffin	coffee cake	Danish
	Mechanical Soft Dysphagia	muffin, soaked in milk	doughnut, soaked in milk	yogurt, smooth	pureed fruit	muffin, soaked in milk	coffee cake, soaked in milk	Danish, soaked in milk
	Pureed	muffin, soaked in milk	doughnut, soaked in milk	yogurt, smooth	pureed fruit	muffin, soaked in milk	coffee cake, soaked in milk	Danish, soaked in milk
3 PM	Regular	graham crackers	cookies	ice cream cup	butter cookies	ice cream novelty	Jello cup	fresh fruit
	Consistent CHO	graham crackers	cookies	ice cream cup	1 butter cookie	SF ice cream novelty	SF Jello cup	fresh fruit
	NAS	graham crackers	cookies	ice cream cup	butter cookies	ice cream novelty	Jello cup	fresh fruit
	Mechanical Soft	pudding	Jello®	ice cream cup	butter cookies	ice cream novelty	Jello cup	canned fruit cup
	Mechanical Soft Dysphagia	pudding	Jello	ice cream cup	butter cookies, soaked in milk	ice cream	Jello cup	pureed fruit
	Pureed	pudding	Jello	ice cream cup	butter cookies, soaked in milk	ice cream	Jello cup	pureed fruit
8 PM	Regular	peanut butter w/crackers	sherbet cup	cheese w/crackers	peanut butter w/crackers	cheese w/crackers	peanut butter crackers	cookies
	Consistent CHO	peanut butter w/crackers	½ C sherbet	SF Jello cup	peanut butter w/crackers	SF Jello cup	peanut butter crackers	cookies
	NAS	peanut butter w/LS crackers	sherbet	cheese w/crackers	peanut butter w/LS crackers	cheese w/crackers	peanut butter crackers	cookies
	Mechanical Soft	½ PBJ sandwich	sherbet	applesauce	ice cream	sherbet	½ PBJ sandwich	cookies
	Mechanical Soft Dysphagia	ice cream	sherbet	applesauce	ice cream	sherbet	pudding	cookies, soaked in milk
	Pureed	ice cream	sherbet	applesauce	ice cream	sherbet	pudding	cookies, soaked in milk

CHO=carbohydrate LS=low sodium NAS=no added sugar PBJ=peanut butter and jelly SF=sugar free