

# ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

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## BREAKFAST AND AFTERNOON SNACK MENUS

### SEPTEMBER 2020

Cereal, milk, whole wheat toast is available as substitutes for AM Breakfast

Serving with every meal: 100 percent juices: Orange, Grape, Apple

Drinks: Skim Milk, Coffee and

Whole Grain Bread

Sat/Sun	Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> AM: Assorted Juices, Cheerios WGB  PM: Gold fish crackers WGB	<b>2</b> AM: Assorted Juices, Waffles, WGB  PM: Cookies WGB	<b>3</b> AM: Assorted Juices, Hard Boiled Eggs, WGB  PM: PBJ sandwiches WGB	<b>4</b> AM: Assorted Juices, Sausage Gravy and Biscuits WGB  PM: Animal crackers WGB
<b>5&amp;6</b> Closed	<b>7</b>  CLOSED FOR LABOR DAY	<b>8</b> AM: Assorted Juices, Scrambled Eggs, WGB  PM: Apple Sauce WGB	<b>9</b> AM: Assorted Juices, Pancakes, WGB  PM: Animal crackers WGB	<b>10</b> AM: Assorted Juices, Jelly Biscuits WGB  PM: Popsicles WGB	<b>11</b> AM: Assorted juices, Cheerios WGB  PM: Gold fish crackers WGB
<b>12&amp;13</b> Closed	<b>14</b> AM: Assorted Juices, Cheerios, WGB  PM: Cheese crackers WGB	<b>15</b> AM: Assorted Juices, French toast WGB  PM: Gold fish crackers WGB	<b>16</b> AM: Assorted Juices, Hard Boiled Eggs WGB  PM: PBJ sandwich WGB	<b>17</b> AM: Assorted Juices, Cheese Toast WGB  PM: Cookies WGB	<b>18</b> AM: Assorted Juices, Cheerios WGB  PM: Yogurt WGB

<p><b>19&amp;20 Closed</b></p>	<p><b>21</b> AM: Assorted juices, Cheerios WGB</p> <p>PM: Animal crackers WGB</p>	<p><b>22</b> AM: Assorted Juices, Pancakes WGB</p> <p>PM: Cookies WGB</p>	<p><b>23</b> AM: Assorted Juices, Sausage Gravy &amp; Biscuits WGB</p> <p>PM: Cheese crackers WGB</p>	<p><b>24</b> AM: Assorted Juices, Scrambled Eggs WGB</p> <p>PM: Popsicles WGB</p>	<p><b>25</b> AM: Assorted Juices, Waffles WGB</p> <p>PM: Gold Fish crackers WGB</p>
<p><b>26&amp;27 Closed</b></p>	<p><b>28</b> AM: Assorted Juices, Jelly Biscuits WGB</p> <p>PM: PBJ sandwiches WGB</p>	<p><b>29</b> AM: Assorted Juices, Cheerios WGB</p> <p>PM: Cookies WGB</p>	<p><b>30</b> AM: Assorted Juices, French Toast WGB</p> <p>PM: Gold fish crackers WGB</p>		