

# ADULT CARE CENTER OF ROANOKE VALLEY

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## BREAKFAST AND AFTERNOON SNACK MENUS

### February 2021

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 Bananas WGB  PM: Graham crackers with peanut butter WGB	<b>2</b> AM: Assorted Juices, hard boiled eggs, toast with jelly WGB  PM: Animal crackers WGB	<b>3</b> AM: Assorted Juices, French toast WGB  PM: Cheese Its WGB	<b>4</b> AM: Assorted Juices, Sausage Biscuits Fried Apples WGB  PM: Gold Fish WGB	<b>5</b> AM: Assorted Juices, Corn Flakes WGB  PM: Fruit Cup WGB
<b>6&amp;7</b> Closed	<b>8</b> AM: Assorted Juices, Oatmeal Bananas WGB  PM: Graham crackers with peanut butter WGB	<b>9</b> AM: Assorted Juices, Sausage Gravy w/biscuits Applesauce Cups WGB  PM: Gold Fish WGB	<b>10</b> AM: Assorted Juices, Waffles, Fruit cup WGB  PM: Animal Crackers WGB	<b>11</b> AM: Assorted Juices, Hard boiled eggs, with toast with jelly WGB  PM: Peanut Butter Crackers WGB	<b>12</b> AM: Assorted juices, Cheerios, Bananas WGB  PM: Yogurt WGB
<b>13&amp;14</b> Closed	<b>15</b> AM: Assorted Juices, Scrambled eggs, w/toast & jelly WGB  PM: Cheese crackers WGB	<b>16</b> AM: Assorted Juices, Corn Flakes, Bananas WGB  PM: Ice Cream Cup WGB	<b>17</b> AM: Assorted Juices, Egg sausage patties Fruit cup WGB  PM: Graham cracker/Peanut Butter	<b>18</b> AM: Assorted Juices, French Toast, applesauce WGB  PM: Yogurt WGB	<b>19</b> AM: Assorted Juices, Cinnamon toast WGB  PM: Animal crackers WGB

			<b>WGB</b>		
<b>20&amp;21 Closed</b>	<b>22</b> <b>AM: Assorted</b> <b>Juices, Cheerios</b> <b>Bananas</b> <b>WGB</b>  <b>PM:</b> <b>Graham</b> <b>crackers with</b> <b>peanut butter</b> <b>WGB</b>	<b>23</b> <b>AM: Assorted</b> <b>Juices,</b> <b>scrambled</b> <b>eggs, toast with</b> <b>jelly</b> <b>WGB</b>  <b>PM:</b> <b>Animal crackers</b> <b>WGB</b>	<b>24</b> <b>AM: Assorted</b> <b>Juices, French</b> <b>toast</b> <b>WGB</b>  <b>PM:</b> <b>Cheese Its</b> <b>WGB</b>	<b>25</b> <b>AM: Assorted</b> <b>Juices,</b> <b>Sausage</b> <b>Biscuits</b> <b>Fried Apples</b> <b>WGB</b>  <b>PM:</b> <b>Gold Fish</b> <b>WGB</b>	<b>26</b>  <b>AM: Assorted</b> <b>Juices, Corn</b> <b>Flakes</b> <b>WGB</b>  <b>PM:</b> <b>Fruit Cup</b> <b>WGB</b>