

## ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

Phone: 540-981-2350 Fax: 540-981-2353

### BREAKFAST AND AFTERNOON SNACK MENUS

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

<p><b>20&amp;21 Closed</b></p>	<p><b>22</b> AM: Assorted Juices, Cheerios Bananas WGB  PM: Graham crackers with peanut butter WGB</p>	<p><b>23</b> AM: Assorted Juices, scrambled eggs, toast with jelly WGB  PM: Animal crackers WGB</p>	<p><b>24</b> AM: Assorted Juices, French toast WGB  PM: Cheese Its WGB</p>	<p><b>25</b> AM: Assorted Juices, Sausage Biscuits Fried Apples WGB  PM: Gold Fish WGB</p>	<p><b>26</b> AM: Assorted Juices, Corn Flakes WGB  PM: Fruit Cup WGB</p>
<p><b>27&amp;28 Closed</b></p>	<p><b>29</b> AM: Assorted Juices, Oatmeal Bananas WGB  PM: Graham crackers with peanut butter WGB</p>	<p><b>30</b> AM: Assorted Juices, eggs, toast with jelly WGB  PM: Ice Cream WGB</p>	<p><b>31</b> AM: Assorted Juices, Corn Flakes WGB  PM: Fruit Cup WGB</p>		