

## ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

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### BREAKFAST AND AFTERNOON SNACK MENUS

## July 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, BLT Sandwich Fried Apples WGB  PM: Peanut butter Crackers WGB	<b>2</b> AM: Assorted Juices, Corn Flakes WGB  PM: Goldfish WGB
<b>3&amp;4</b> Closed	<b>5</b> Closed 4 <sup>th</sup> July Holiday	<b>6</b> AM: Assorted Juices, Sausage Gravy w/biscuits WGB  PM: Animal Crackers WGB	<b>7</b> AM: Assorted Juices, Waffles Bananas WGB  PM: Yogurt Cups	<b>8</b> AM: Assorted Juices, Eggs, with toast with jelly WGB  PM: Fruit Cups WGB	<b>9</b> AM: Assorted juices, Cheerios, Bananas WGB  PM: Graham Crackers w/peanut butter WGB
<b>10&amp;11</b> Closed	<b>12</b> AM: Assorted Juices, Scrambled eggs, w/toast & jelly WGB  PM: Cheese crackers WGB	<b>13</b> AM: Assorted Juices, Corn Flakes, Bananas WGB  PM: Ice Cream Cup WGB	<b>14</b> AM: Assorted Juices, Egg sausage patties Fruit cup WGB  PM: Cheez Its WGB	<b>15</b> AM: Assorted Juices, French Toast, Applesauce WGB  PM: Popsicles WGB	<b>16</b> AM: Assorted Juices, Cinnamon toast WGB  PM: Animal crackers WGB

<p><b>17&amp;18</b> <b>Closed</b></p>	<p><b>19</b> <b>AM: Assorted Juices, Cheerios Bananas WGB</b>  <b>PM: Graham crackers with peanut butter WGB</b></p>	<p><b>20</b> <b>AM: Assorted Juices, scrambled eggs, toast with jelly WGB</b>  <b>PM: Fruit Popsicles WGB</b></p>	<p><b>21</b> <b>AM: Assorted Juices, French toast WGB</b>  <b>PM: Cheese Its WGB</b></p>	<p><b>22</b> <b>AM: Assorted Juices, Sausage Biscuits Fried Apples WGB</b>  <b>PM: Goldfish WGB</b></p>	<p><b>23</b> <b>AM: Assorted Juices, Corn Flakes WGB</b>  <b>PM: Fruit Cup WGB</b></p>
<p><b>24&amp;25</b> <b>Closed</b></p>	<p><b>26</b> <b>AM: Assorted Juices, BLT Sandwich Mandarin Oranges WGB</b>  <b>PM: Yogurt WGB</b></p>	<p><b>27</b> <b>AM: Assorted Juices, Oatmeal, Bananas WGB</b>  <b>PM: Animal Crackers WGB</b></p>	<p><b>28</b> <b>AM: Assorted Juices, French toast sticks, Apple Sauce WGB</b>  <b>PM: Cheez Its WGB</b></p>	<p><b>29</b> <b>AM: Assorted Juices, Cinnamon Toast, Fried Apples</b>  <b>PM: Peanut butter Crackers</b></p>	<p><b>30</b> <b>AM: Assorted Juices, Scrambled Eggs, Toast</b>  <b>PM: Popsicles</b></p>
	<p><b>31</b> <b>AM: Assorted Juices, Biscuits &amp; Gravy</b>  <b>PM: Cookies</b></p>				