

# ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

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## BREAKFAST AND AFTERNOON SNACK MENUS

### September 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, French Toast Sticks WGB  PM Cheez Its WGB	<b>2</b> AM Scrambled Eggs, Toast WGB  PM: Popsicles WGB	<b>3</b> AM: Assorted Juices, BLT Sandwich Fried Apples WGB   PM: Peanut Butter Crackers WGB
Closed 4&5	CENTER CLOSED	<b>7</b> AM: Assorted Juices, Corn Flakes WGB  PM: Goldfish WGB	<b>8</b> AM: Assorted Juices, Cinnamon Toast Fried Apples WGB  PM: Animal Crackers WGB	<b>9</b> AM: Assorted Juices, Sausage Gravy W/Biscuits WGB  PM: Yogurt Cups WGB	<b>10</b> AM: Assorted juices, Hard Boiled Eggs W/Toast & Jelly WGB   PM: Fruit Cups WGB
11&12 Closed	<b>13</b> AM: Assorted Juices, Waffles Bananas WGB  PM: Graham Crackers w/peanut butter WGB	<b>14</b> AM: Assorted Juices, Cheerios, Bananas WGB  PM: Yogurt Cups WGB	<b>15</b> AM: Assorted Juices, Scrambled Eggs W/Toast & Jelly WGB  PM: Cheese Crackers WGB	<b>16</b> AM: Assorted Juices, Eggs, Sausage Patties Fruit Cup WGB  PM: Ice Cream Cups WGB	<b>17</b> AM: Assorted Juices, French Toast Applesauce WGB   PM: Popsicles WGB

<p><b>18&amp;19</b> <b>Closed</b></p>	<p><b>20</b> <b>AM: Assorted Juices</b> <b>Cinnamon Buns</b> <b>Bananas</b> <b>WGB</b></p> <p><b>PM:</b> <b>Animal Crackers</b> <b>WGB</b></p>	<p><b>21</b> <b>AM: Assorted Juices, Hard Boiled eggs, toast with jelly</b> <b>WGB</b></p> <p><b>PM:</b> <b>Fruit Popsicles</b> <b>WGB</b></p>	<p><b>22</b> <b>AM: Assorted Juices, French Toast</b> <b>WGB</b></p> <p><b>PM:</b> <b>Cheez Its</b> <b>WGB</b></p>	<p><b>23</b> <b>AM: Assorted Juices, Sausage Gravy Biscuits</b> <b>Fried Apples</b> <b>WGB</b></p> <p><b>PM:</b> <b>Goldfish</b> <b>WGB</b></p>	<p><b>24</b> <b>AM: Assorted Juices, Corn Flakes</b> <b>WGB</b></p> <p><b>PM:</b> <b>Fruit Cup</b> <b>WGB</b></p>
<p><b>25&amp;26</b> <b>Closed</b></p>	<p><b>27</b> <b>AM: Assorted Juices, BLT Sandwich</b> <b>Mandarin Oranges</b> <b>WGB</b></p> <p><b>PM: Yogurt</b> <b>WGB</b></p>	<p><b>28</b> <b>AM: Assorted Juices, Oatmeal, Bananas</b> <b>WGB</b></p> <p><b>PM: Animal Crackers</b> <b>WGB</b></p>	<p><b>29</b> <b>AM: Assorted Juices, Scrambled Eggs W/ Toast &amp; Jelly</b> <b>WGB</b></p> <p><b>PM: Fruit Cups</b> <b>WGB</b></p>	<p><b>30</b> <b>AM: Assorted Juices, Waffles</b> <b>Bananas</b> <b>WGB</b></p> <p><b>PM: Peanut Butter Crackers</b> <b>WGB</b></p>	