

ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

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BREAKFAST AND AFTERNOON SNACK MENUS

October 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
					1 AM: Assorted Juices, Hard Boiled Eggs Toast % Jelly PM: Rice Krispy Treats WGB
2 & 3 Closed	4 AM: Assorted Juices Sausage Biscuit & Gravy WGB PM: Cheese Crackers WGB	5 AM: Assorted Juices Cinnamon Toast Applesauce WGB PM: Yogurt WGB	6 AM: Assorted Juices Cheerios Bananas WGB PM: Animal Crackers WGB	7 AM: Assorted Muffins Mandarin Oranges WGB PM: Popsicles WGB	8 AM: Assorted Juices Oatmeal WGB PM: Graham Crackers w/ Peanut Butter WGB
9 & 10 Closed	11 AM: BLT Sandwiches Applesauce Cups PM: Peanut Butter Crackers WGB	12 AM: Scrambled Eggs Toast & Jelly WGB PM: Cookies WGB	13 AM: Assorted Juices Waffles WGB PM: Cheez Its WGB	14 AM: Assorted Juices Sausage Biscuits Bananas WGB PM: Ice Cream Cups WGB	15 AM: Assorted Juices Cheese Toast w/ Jelly WGB PM: Gold Fish WGB
16 & 17 Closed	18 AM: Assorted Juices Hardboiled Eggs Toast W/Jelly WGB 18	19 AM: Assorted Juices Assorted Muffins Fruit Cup 19	20 Assorted Juices Sausage Gravy & Biscuits 20 WGB	21 Assorted Juices Corn Flakes Bananas WGB 21	22 Assorted Juices Cinnamon Toast W/ Jelly 22

	PM: Rice Krispy Treats WGB	PM: Popsicles WGB	PM: Graham Crackers W/ Peanut Butter WGB	PM: Cheese Crackers WGB	PM: Animal Crackers WGB
23 & 24 Closed	25 AM: Assorted Juices BLT Sandwich Fruit Cups WGB PM: Yogurt WGB	26 AM: Assorted Juices Oatmeal Fruit Cocktail WGB PM: Peanut Butter Crackers WGB	27 AM: Assorted Juices Scrambled Eggs, Sausage Toast W/ Jelly WGB PM: Fruit Cup WGB	28 AM: Assorted Juices Cheese Toast W/ Jelly WGB PM: Cookies WGB	29 AM: Assorted Juices Waffles Mandarin Oranges PM: Ice Cream Sandwiches