

**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**

**DECEMBER 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>12/01 AM</b> Assorted Juices WGB Assorted Muffins  PM Graham Cracker w/ peanut butter WGB	<b>12/02 AM</b> Assorted Juices WGB Hard Boiled Eggs Toast W/Jelly  PM Popsicles WGB	<b>12/03 AM</b> Assorted Juices WGB Pancakes, Bacon  PM Rice Krispy Treats WGB
4&5 Closed		<b>12/06 AM</b> Assorted Juices WGB Scrambled Eggs, Toast w/Jelly  PM Animal Crackers WGB	<b>12/07 AM</b> Assorted Juices WGB Corn Flakes Bananas  PM Fruit Cups WGB	<b>12/08 AM</b> Assorted Juices WGB Sausage Biscuits & Gravy PM Cheese Crackers WGB	<b>12/09 AM</b> Assorted Juices WGB Waffles  PM Vanilla Wafers WGB	<b>12/10 AM</b> Assorted Juices WGB Sausage Biscuits  PM Pudding Cups WGB
11&12 Closed		<b>12/13 AM</b> Assorted Juices WGB Scrambled Eggs & Bacon  PM Yogurt WGB	<b>12/14 AM</b> Assorted Juices WGB Sausage Gravy and Biscuits  PM Ice Cream Cups WGB	<b>12/15 AM</b> Assorted Juices WGB Cinnamon Toast & Jelly  PM Cheese Crackers WGB	<b>12/16 AM</b> Assorted Juices WGB Cheerios W/ Bananas  PM Animal Crackers WGB	<b>12/17 AM</b> Assorted Juices WGB Assorted Muffins  PM Ice Cream Cups WGB
18&19 Closed		<b>12/20 AM</b> Assorted Juices WGB Jelly Biscuits  PM Cookies WGB	<b>12/21 AM</b> Assorted Juices WGB Pop Tarts  PM Vanilla Wafers	<b>12/22 AM</b> Assorted Juices WGB Sausage Gravy & Biscuits PM Graham Crackers & PB	<b>12/23</b>  CLOSED  MERRY CHRISTMAS	<b>12/24</b>  CLOSED  MERRY CHRISTMAS

<p><b>25&amp;26</b> <b>Closed</b></p>	<p><b>12/27 AM</b> Assorted Juices WGB Sausage Biscuits</p> <p>PM Cheese Crackers WGB</p>	<p><b>12/28 AM</b> Assorted Juices WGB Corn Flakes W/ Bananas</p> <p>PM Rice Krispy Treats WGB</p>	<p><b>12/29 AM</b> Assorted Juices WGB Scrambled Eggs W/ Toast PM Yogurt WGB</p>	<p>12/30 AM Cinnamon Toast W/ Jelly</p> <p>PM Fruit Cups WGB</p>	<p><b>12/31</b> <i><b>CLOSED</b></i> <i><b>HAPPY NEW</b></i> <i><b>YEAR</b></i></p>