

ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

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BREAKFAST AND AFTERNOON SNACK MENUS

January 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
1/3 AM Assorted Juices WGB French Toast PM: Graham Cracker w/ peanut butter WGB	1/4 AM Assorted Juices WGB Hard Boiled Eggs Toast W/Jelly PM: Popsicles WGB	1/5 AM Assorted Juices WGB Cinnamon Toast W/Jelly PM: Animal Crackers WGB	1/6 AM Assorted Juices WGB Pancakes, Bacon PM: Cheese Crackers WGB	1/7 AM Assorted Juices WGB Scrambled Eggs, Sausage, Biscuit, Jelly PM: Yogurt WGB
1/10 AM Assorted Juices WGB Assorted Muffins PM: Goldfish Crackers WGB	1/11 AM Assorted Juices WGB Corn Flakes, Bananas PM: Ice Cream Cups WGB	1/12 AM Assorted Juices WGB Sausage Biscuits & Gravy PM: Cookie WGB	1/13 AM Assorted Juices WGB Scramble Eggs, Toast, Jelly PM: Peanut Butter Crackers WGB	1/14 AM Assorted Juices WGB Waffles, Sausage PM: Fruit Loops WGB
1/17 AM Assorted Juices WGB Sausage Biscuit PM: Animal Crackers WGB	1/18 AM Assorted Juices WGB Hard Boiled Egg, Toast, Jelly PM: Cookies Cups WGB	1/19 AM Assorted Juices WGB Scrambled Eggs, Bacon, Toast PM: Granola Bars WGB	1/20 AM Assorted Juices WGB Cinnamon Rolls PM: Trail Mix WGB	1/21 AM Assorted Juices WGB Assorted Muffins PM: Vanilla Wafers WGB
1/24 AM Assorted Juices WGB French Toast Sticks PM: Cheese It Crackers WGB	1/25 AM Assorted Juices WGB Scramble Eggs, Toast, Jelly PM: Popsicles WGB	1/26 AM Assorted Juices WGB Sausage Biscuits & Gravy PM: Pudding Cups WGB	1/27 AM Assorted Juices WGB Corn Flakes, Bananas PM: Graham Cracker w/ peanut butter WGB	1/28 AM Assorted Juices WGB BLT Sandwich PM: Yogurt WGB
1/31 AM Assorted Juices WGB Jelly Biscuit PM: Cookies WGB				