

# ADULT CARE CENTER OF ROANOKE VALLEY

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## August 2022

### Breakfast and Snack Menu

Cereal, milk, whole wheat toast is available as substitutes for AM Breakfast.

Serving with morning Breakfast: 100 percent juices: Orange & Grape

1% Milk, Coffee. Substitutes For PM Snack: Animal Crackers. Potato Chips, Fruit Cups,

Whole Grain Bread. Serving with PM: 1% Milk, Water, Coffee upon request.

Sat/Sun	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>8/1</b> AM: Assorted juices, Scrambled Eggs w/ Cheese, Toast & Jelly WGB  PM: Yogurt WGB	<b>8/2</b> AM: Assorted Juices, Cereal & Bananas WGB  PM: Animal Crackers WGB	<b>8/3</b> AM: Assorted Juices, French Toast Sticks WGB  PM: Pretzels WGB	<b>8/4</b> AM: Assorted Juices, Cream of Wheat WGB  PM: Goldfish WGB	<b>8/5</b> AM: Assorted Juices, Sausage Biscuits w/Gravy WGB  PM: Fruit Popsicles WGB
<b>6&amp;7</b> Closed	<b>8/8</b> AM: Assorted Juices, English Muffins w/ Jelly, Oranges WGB  PM: Goldfish WGB	<b>8/9</b> AM: Assorted Juices, Nutri Gran Bars WGB  PM: Graham Crackers w/ Peanut Butter WGB	<b>8/10</b> AM: Assorted Juices, Eggs, Bacon, Toast & Jelly   PM: Yogurt WGB	<b>8/11</b> AM: Assorted Juices, Cinnamon Toast & Jelly, Fruit Cocktail WGB  PM: Pizza Rolls WGB	<b>8/12</b> AM: Assorted Juices, Corned Beef Hash, Eggs WGB  PM: Cheese Crackers WGB
<b>13&amp;14</b> Closed	<b>8/15</b> AM: Assorted Juices, French Toast Sticks WGB  PM: Fruit Cups WGB	<b>8/16</b> AM: Assorted Juices, Sausage biscuits WGB  PM: Applesauce WGB	<b>8/17</b> AM: Assorted Juices, Chicken & Waffles, WGB  PM: Tuna Salad & Crackers WGB	<b>8/18</b> AM: Assorted Juices, Muffins WGB  PM: Jello w/ Fruit WGB	<b>8/19</b> AM: Assorted juices, Eggs w/ Ham & cheese, Toast & Jelly WGB  PM: Yogurt WGB

<p><b>20&amp;21 Closed</b></p>	<p><b>8/22</b> AM: Assorted Juices, Jelly Biscuit WGB</p> <p>PM: Cheese crackers WGB</p>	<p><b>8/23</b> AM: Scrambled Eggs, Toast WGB</p> <p>PM: Ice Cream Cup WGB</p>	<p><b>8/24</b> AM: Assorted Juices, Corn Flakes &amp; Bananas Jelly WGB</p> <p>PM: Graham Crackers WGB</p>	<p><b>8/25</b> AM: Assorted Juices, Corned Beef Hash, Eggs WGB</p> <p>PM: Grapes &amp; Bananas WGB</p>	<p><b>8/26</b> AM: Assorted Juices, Cinnamon Buns WGB</p> <p>PM: Animal Crackers WGB</p>
<p><b>27&amp;28 Closed</b></p>	<p><b>8/29</b> AM: Assorted Juices, Sausage biscuits, Fruit Cup WGB</p> <p>PM: Applesauce WGB</p>	<p><b>8/30</b> Assorted Juices: Corn Flakes w/ Strawberries &amp; Blueberries WGB</p> <p>PM: Cookies WGB</p>	<p><b>8/31</b> AM: Assorted Juices, Pancakes, WGB</p> <p>PM: Animal Crackers WGB</p>		