

ADULT CARE CENTER OF ROANOKE VALLEY

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SEPTEMBER 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
				09/01 AM: Assorted Juices, Cream of Wheat WGB PM: Goldfish WGB	09/02 AM: Assorted Juices, Sausage Biscuits w/Gravy WGB PM: Fruit Popsicles WGB
3&4 Closed	09/05 CENTER CLOSED HAPPY LABOR DAY	09/06 AM: Assorted Juices, Nutri Gran Bars WGB PM: Graham Crackers w/ Peanut Butter WGB	09/07 AM: Assorted Juices, Eggs, Bacon, Toast & Jelly PM: Yogurt WGB	09/08 AM: Assorted Juices, Cinnamon Toast & Jelly, Fruit Cocktail WGB PM: Pizza Rolls WGB	09/09 AM: Assorted Juices, Corned Beef Hash, Eggs WGB PM: Cheese Crackers WGB
10&11 Closed	09/12 AM: Assorted Juices, French Toast Sticks WGB PM: Fruit Cups WGB	09/13 AM: Assorted Juices, Sausage biscuits WGB PM: Applesauce WGB	09/14 AM: Assorted Juices, Chicken & Waffles, WGB PM: Tuna Salad & Crackers WGB	09/15 AM: Assorted Juices, Muffins WGB PM: Jello w/ Fruit WGB	09/16 AM: Assorted juices, Eggs w/ Ham & cheese, Toast & Jelly WGB PM: Yogurt WGB

<p>17&18 Closed</p>	<p>09/19 AM: Assorted Juices, Jelly Biscuit WGB</p> <p>PM: Cheese crackers WGB</p>	<p>09/20 AM: Scrambled Eggs, Toast WGB</p> <p>PM: Ice Cream Cup WGB</p>	<p>09/21 AM: Assorted Juices, Corn Flakes & Bananas Jelly WGB</p> <p>PM: Graham Crackers WGB</p>	<p>09/22 AM: Assorted Juices, Corned Beef Hash, Eggs WGB</p> <p>PM: Grapes & Bananas WGB</p>	<p>09/23 AM: Assorted Juices, Cinnamon Buns WGB</p> <p>PM: Animal Crackers WGB</p>
<p>24&25 Closed</p>	<p>09/26 AM: Assorted Juices, Sausage biscuits, Fruit Cup WGB</p> <p>PM: Applesauce WGB</p>	<p>09/27 Assorted Juices: Corn Flakes w/ Strawberries & Blueberries WGB</p> <p>PM: Cookies WGB</p>	<p>09/28 AM: Assorted Juices, Pancakes, WGB</p> <p>PM: Animal Crackers WGB</p>	<p>09/29 AM: Assorted Juices, English Muffins W/ Jelly, Oranges WGB</p> <p>PM: Goldfish WGB</p>	<p>09/30 AM: Assorted Juices, Eggs, Bacon, Toast & Jelly</p> <p>PM: Yogurt WGB /30</p>