

ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

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OCTOBER 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, Ritz Crackers , Fruit Cups,

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

Sat/Sun	Monday	Tuesday	Wednesday	Thursday	Friday
	10/03 Breakfast: Assorted Juices Scrambled Eggs & Whole Grain Toast/ Jelly P.M. Peanut Butter Crackers & Blueberries	10/04 Breakfast Assorted Juices Whole Grain Cheerios W/Bananas P.M. Ritz Crackers & Cheese	10/05 Breakfast Assorted Juices Sausage Gravy & Biscuits P.M. Strawberries & Wheat Thins	10/06 Breakfast Assorted Juices Scrambled Eggs Bacon & Whole Grain Toast W/ Jelly P.M. Sliced Apples & Peanut Butter	10/07 Breakfast Assorted Juices French Toast Sticks W/ Lite Syrup P.M. Chex Mix & Raisins
8 & 9 Closed	10/10 Breakfast Assorted Juices Sausage Biscuits W/ Jelly or Mustard P.M. Keebler Whole Wheat Crackers & Red Grapes	10/11 Breakfast Assorted Juices Chicken & Waffles W/ Lite Syrup P.M. Animal Cracker & Blueberries	10/12 Breakfast Assorted Juices Whole Grain Cheerios W/ Bananas P.M. Cheese Crackers & Strawberries	10/13 Breakfast Assorted Juices Croissants W/ Mixed Fruit P.M Ritz Crackers & Cheese	10/14 Breakfast Assorted Juices Bacon, Eggs English Muffins W/ Jelly P.M. Crunchy Cheetos and Grapes
15 & 16 Closed	10/17 Breakfast Assorted Juices Sausage Gravy & Biscuits P.M. Strawberries & Wheat Thins	10/18 Breakfast Assorted Juices French Toast Sticks W/ Lite Syrup P.M. Chex Mix & Raisins	10/19 Breakfast Assorted Juices Sausage Biscuits W/ Jelly or Mustard P.M. Keebler Whole Wheat Crackers & Red Grapes	10/20 Breakfast Assorted Juices Pancakes W/ Lite Syrup, Sausage Patties P.M Crunchy Cheetos and Grapes	10/21 Breakfast Assorted Juices Whole Grain Cheerios W/ Bananas P.M. Cheese Crackers & Strawberries

22 & 23 Closed	10/24 Breakfast Assorted Juices Bacon, Eggs, Whole grain English Muffins W/ Jelly P.M. Club Crackers W/ Peanut Butter, Green Grapes	10/25 Breakfast Assorted Juices Chicken & Waffles W/ Lite Syrup P.M. Animal Cracker & Blueberries	10/26 Breakfast Assorted Juices Scrambled Eggs, Sausage, & Whole Grain Toast W/ Jelly P.M. Strawberries & Wheat Thins	10/27 Breakfast Assorted Juices Assorted Juices Whole Grain Cheerios W/ Bananas P.M. Cheese Crackers & Strawberries	10/28 Breakfast Assorted Juices Sausage Gravy W/ Biscuits & Peaches P.M. Animal Cracker & Blueberries
29 & 30 Closed	10/31 Breakfast Assorted Juices French Toast Sticks W/ Lite Syrup P.M. Sliced Apples & Peanut Butter				