

ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

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NOVEMBER 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
		11/01 Breakfast Assorted Juices Whole Grain Cheerios W/Bananas P.M. Ritz Crackers & Cheese	11/02 Breakfast Assorted Juices Sausage Gravy & Biscuits P.M. Strawberries & Wheat Thins	11/03 Breakfast Assorted Juices Scrambled Eggs Bacon & Whole Grain Toast W/ Jelly P.M. Sliced Apples & Peanut Butter	11/04 Breakfast Assorted Juices French Toast Sticks W/ Lite Syrup P.M. Chex Mix & Raisins
5 & 6 closed	11/07 Breakfast Assorted Juices Sausage Biscuits W/ Jelly or Mustard P.M. Keebler Whole Wheat Crackers & Red Grapes	11/08 Breakfast Assorted Juices Chicken & Waffles W/ Lite Syrup P.M. Animal Cracker & Blueberries	11/09 Breakfast Assorted Juices Whole Grain Cheerios W/ Bananas P.M. Cheese Crackers & Strawberries	11/10 Breakfast Assorted Juices Croissants W/ Mixed Fruit Ritz Crackers & Cheese	11/11 Breakfast Assorted Juices Bacon, Eggs English Muffins W/ Jelly P.M. Crunchy Cheetos and Grapes

12&13 Closed	11/14 Breakfast Assorted Juices Sausage Gravy & Biscuits P.M. Strawberries & Wheat Thins	11/15 Breakfast Assorted Juices French Toast Sticks W/ Lite Syrup P.M. Chex Mix & Raisins	11/16 Breakfast Assorted Juices Sausage Biscuits W/ Jelly or Mustard P.M. Keebler Whole Wheat Crackers & Red Grapes	11/17 Breakfast Assorted Juices Pancakes W/ Lite Syrup, Sausage Patties Crunchy Cheetos and Grapes	11/18 Breakfast Assorted Juices Whole Grain Cheerios W/ Bananas P.M. Cheese Crackers & Strawberries
19 & 20 Closed	11/21 Breakfast Assorted Juices Bacon, Eggs, Whole grain English Muffins W/ Jelly P.M. Club Crackers W/ Peanut Butter, Green Grapes	11/22 Breakfast Assorted Juices Chicken & Waffles W/ Lite Syrup Animal Cracker & Blueberries	11/23 Breakfast Assorted Juices Scrambled Eggs, Sausage, & Whole Grain Toast W/ Jelly P.M. Strawberries & Wheat Thins	11/24 Breakfast Assorted Juices Assorted Juices Whole Grain Cheerios W/ Bananas P.M. Cheese Crackers & Strawberries	11/25 Breakfast Assorted Juices Sausage Gravy W/ Biscuits & Peaches P.M. Animal Cracker & Blueberries
26 & 27 Closed	11/28 Breakfast Assorted Juices French Toast Sticks W/ Lite Syrup P.M. Sliced Apples & Peanut Butter	11/29 Breakfast Assorted Juices Croissants W/ Mixed Fruit Ritz Crackers & Cheese 1/29	11/30 Breakfast Assorted Juices Sausage Gravy & Biscuits P.M. Strawberries & Wheat Thins		