

ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

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DECEMBER 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
				12/01 Breakfast Assorted Juices Scrambled Eggs Bacon & Whole Grain Toast W/ Jelly P.M. Peanut Butter Crackers	12/02 Breakfast Assorted Juices French Toast Sticks W/ Lite Syrup P.M. Chex Mix
3 & 4 closed	12/05 Breakfast Assorted Juices Sausage Biscuits W/ Jelly or Mustard P.M. Keebler Whole Wheat Crackers & Cheese	12/06 Breakfast Assorted Juices Chicken & Waffles W/ Lite Syrup P.M. Animal Crackers	12/07 Breakfast Assorted Juices Whole Grain Cheerios W/ Bananas P.M. Cheese Crackers	12/08 Breakfast Assorted Juices Croissants W/ Mixed Fruit Ritz Crackers & Cheese	12/09 Breakfast Assorted Juices Bacon, Eggs English Muffins W/ Jelly P.M. Crunchy Cheetos

10&11 Closed	12/12 Breakfast Assorted Juices Sausage Gravy & Biscuits P.M. Wheat Thins	12/13 Breakfast Assorted Juices French Toast Sticks W/ Lite Syrup P.M. Chex Mix	12/14 Breakfast Assorted Juices Sausage Biscuits W/ Jelly or Mustard P.M. Keebler Whole Wheat Crackers	12/15 Breakfast Assorted Juices Pancakes W/ Lite Syrup, Sausage Patties Crunchy Cheetos	12/16 Breakfast Assorted Juices Whole Grain Cheerios W/ Bananas P.M. Cheese Crackers
17&18 Closed	12/19 Breakfast Assorted Juices Whole Grain Cheerios W/Bananas P.M. Ritz Crackers & Cheese	12/20 Breakfast Assorted Juices Chicken & Waffles W/ Lite Syrup Animal Cracker	12/21 Breakfast Assorted Juices Scrambled Eggs, Sausage, & Whole Grain Toast W/ Jelly P.M. Wheat Thins	12/22 Breakfast Assorted Juices Assorted Juices Whole Grain Cheerios W/ Bananas P.M. Cheetos	12/23 Closed Happy Holidays
24&& 25 Closed	12/26 Closed Happy Holidays	12/27 Breakfast Assorted Juices Croissants W/ Mixed Fruit Ritz Crackers & Cheese 1/29	12/28 Breakfast Assorted Juices Sausage Gravy & Biscuits P.M. Strawberries & Wheat Thins	12/29 Assorted Juices French Toast Sticks W/ Lite Syrup P.M. Chex Mix & Raisins	12/30 Breakfast Assorted Juices Scrambled Eggs Bacon & Whole Grain Toast W/ Jelly P.M. Sliced Apples & Peanut Butter