

**ADULT CARE CENTER OF ROANOKE VALLEY**

2321 Roanoke Boulevard, Salem, VA 24153

Phone: 540-981-2350 Fax: 540-981-2353

**JANUARY**

**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
	01/01 CLOSED HAPPY NEW YEAR	01/02 Breakfast Assorted Juices Scrambled Eggs Bacon & Whole Grain Toast W/ Jelly  P.M.  Peanut Butter Crackers	01/03 Assorted Juices French Toast Sticks W/ Lite Syrup  P.M. Chex Mix & Raisins	01/04 Breakfast Assorted Juices Scrambled Eggs Bacon & Whole Grain Toast W/ Jelly  P.M.  Peanut Butter Crackers	01/05 Breakfast Assorted Juices French Toast Sticks W/ Lite Syrup  P.M. Chex Mix
6 & 7 closed	01/08 Breakfast Assorted Juices Sausage Biscuits W/ Jelly or Mustard  P.M. Keebler Whole Wheat Crackers & Cheese	01/09 Breakfast Assorted Juices Chicken & Waffles W/ Lite Syrup  P.M. Animal Crackers	01/10 Breakfast Assorted Juices Whole Grain Cheerios W/ Bananas  P.M. Cheese Crackers	01/11 Breakfast Assorted Juices Croissants W/ Mixed Fruit  Ritz Crackers & Cheese	01/12 Breakfast Assorted Juices Bacon, Eggs English Muffins W/ Jelly  P.M. Crunchy Cheetos

13& 14 Closed	01/15 Breakfast Assorted Juices Sausage Gravy & Biscuits  P.M. Wheat Thins	01/16 Breakfast Assorted Juices French Toast Sticks W/ Lite Syrup  P.M. Chex Mix	01/17 Breakfast Assorted Juices Sausage Biscuits W/ Jelly or Mustard  P.M. Keebler Whole Wheat Crackers	01/18 Breakfast Assorted Juices Pancakes W/ Lite Syrup, Sausage Patties  Crunchy Cheetos	01/19 Breakfast Assorted Juices Whole Grain Cheerios W/ Bananas  P.M. Cheese Crackers
20&21 Closed	01/22 Breakfast Assorted Juices Whole Grain Cheerios W/Bananas  P.M. Ritz Crackers & Cheese	01/23 Breakfast Assorted Juices Chicken & Waffles W/ Lite Syrup  Animal Cracker	01/24 Breakfast Assorted Juices Scrambled Eggs, Sausage, & Whole Grain Toast W/ Jelly  P.M. Wheat Thins	01/25 Breakfast Assorted Juices Assorted Juices Whole Grain Cheerios W/ Bananas  P.M. Cheetos	01/26 Closed  Happy Holidays
27&28 Closed	01/29 Closed  Happy Holidays	01/30 Breakfast Assorted Juices Croissants W/ Mixed Fruit  Ritz Crackers & Cheese 1/29	01/31 Breakfast Assorted Juices Sausage Gravy & Biscuits  P.M. Strawberries & Wheat Thins		