

ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

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MARCH

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
			03/01 Breakfast French Toast Sticks W/ Lite Syrup Milk & Juice P.M. Chex Mix	03/02 Breakfast Scrambled Eggs Bacon & Whole Grain Toast W/ Jelly Milk & Juice P.M. Peanut Butter Crackers	03/03 Breakfast French Toast Sticks W/ Lite Syrup Milk & Juice P.M. Wheat Thins
4 & 5 closed	03/06 Breakfast Sausage Biscuits W/ Jelly or Mustard Milk & Juice P.M. Keebler Whole Wheat Crackers & Cheese	03/07 Breakfast Chicken & Waffles W/ Lite Syrup Milk & Juice P.M. Animal Crackers	03/08 Breakfast Whole Grain Cheerios W/ Bananas Milk & Juice P.M. Cheese Crackers	03/09 Breakfast Croissants W/ Mixed Fruit Milk & Juice P.M. Chex Mix	03/10 Breakfast Bacon, Eggs English Muffins W/ Jelly Milk & Juice P.M. Crunchy Cheetos
11 & 12 Closed	03/13 Breakfast Sausage Gravy & Biscuits Milk & Juice P.M. Wheat Thins	03/14 Breakfast French Toast Sticks W/ Lite Syrup Milk & Juice P.M. Chex Mix	03/15 Breakfast Sausage Biscuits W/ Jelly or Mustard Milk & Juice P.M. Keebler Whole Wheat Crackers	03/16 Breakfast Pancakes W/ Lite Syrup, Sausage Patties Milk & Juice P.M. Crunchy Cheetos	03/17 Breakfast Whole Grain Cheerios W/ Bananas Milk & Juice P.M. Cheese Crackers

<p>18 & 19 Closed</p>	<p>03/20 Breakfast Whole Grain Cheerios W/Bananas Milk & Juice</p> <p>P.M. Ritz Crackers & Cheese</p>	<p>03/21 Breakfast Chicken & Waffles W/ Syrup Milk & Juice</p> <p>P.M.</p> <p>Animal Cracker</p>	<p>03/22 Breakfast Scrambled Eggs, Sausage, & Whole Grain Toast Milk & Juice</p> <p>P.M.</p> <p>Keeble Whole Wheat Crackers & Cheese</p>	<p>03/23 Breakfast Whole Grain Cheerios W/ Bananas Milk & Juice</p> <p>P.M. Cheetos</p>	<p>03/24 Breakfast Sausage Gravy & Biscuits Milk & Juice</p> <p>P.M. Wheat Thins</p>
<p>25 & 26 Closed</p>	<p>03/27 Breakfast Sausage Gravy & Biscuits Milk & Juice</p> <p>P.M. Chex Mix</p>	<p>03/28 Breakfast Croissants W/ Mixed Fruit Milk & Juice</p> <p>P.M.</p> <p>Cheetos</p>	<p>03/29 Breakfast French Toast Sticks W/ Lite Syrup Milk & Juice</p> <p>P.M. Chex Mix</p>	<p>03/30 Breakfast Scrambled Eggs Bacon & Whole Grain Toast W/ Jelly Milk & Juice</p> <p>P.M.</p> <p>Peanut Butter Crackers</p>	<p>03/31 Breakfast Scrambled Eggs Bacon & Whole Grain Toast W/ Jelly Milk & Juice</p> <p>P.M.</p> <p>Birthday Cake March Birthdays</p>