

ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

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

MAY

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
	05/01 Breakfast Bacon, Eggs English Muffins W/ Jelly Milk & Juice  P.M. Crunchy Cheetos 4/03	05/02 Breakfast Whole Grain Cheerios W/ Bananas Milk & Juice  P.M. Cheese Crackers 4/04	05/03 Breakfast French Toast Sticks W/ Lite Syrup Milk & Juice  P.M. Chex Mix	05/04 Breakfast Scrambled Eggs Bacon & Whole Grain Toast W/ Jelly Milk & Juice  P.M. Peanut Butter Crackers	05/05 Breakfast Whole Grain Cheerios W/Bananas Milk & Juice  P.M. Ritz Crackers & Cheese
6 & 7 closed	05/08 Breakfast Sausage Biscuits W/ Jelly or Mustard Milk & Juice  P.M. Keebler Whole Wheat Crackers & Cheese	05/09 Breakfast Waffles W/ Lite Syrup Milk & Juice  P.M. Animal Crackers	05/10 Breakfast Whole Grain Cheerios W/ Bananas Milk & Juice  P.M. Cheese Crackers	05/11 Breakfast Croissants W/ Mixed Fruit Milk & Juice  P.M. Chex Mix	05/12 Breakfast Bacon, Eggs English Muffins W/ Jelly Milk & Juice  P.M. Crunchy Cheetos
13 & 14 Closed	05/15 Breakfast Sausage Gravy & Biscuits Milk & Juice  P.M. Wheat Thins	05/16 Breakfast French Toast Sticks W/ Lite Syrup Milk & Juice  P.M. Chex Mix	05/17 Breakfast Sausage Biscuits W/ Jelly or Mustard Milk & Juice  P.M. Keebler Whole Wheat Crackers	05/18 Breakfast Pancakes W/ Lite Syrup, Sausage Patties Milk & Juice  P.M. Crunchy Cheetos	05/19 Breakfast Whole Grain Cheerios W/ Bananas Milk & Juice  P.M. Cheese Crackers

20 & 21 Closed	05/22 Breakfast Whole Grain Cheerios W/Bananas Milk & Juice  P.M. Ritz Crackers & Cheese	05/23 Breakfast Chicken & Waffles W/ Syrup Milk & Juice  P.M.  Animal Cracker	05/24 Breakfast Scrambled Eggs, Sausage, & Whole Grain Toast Milk & Juice  P.M.  Keeble Whole Wheat Crackers & Cheese	05/25 Breakfast Whole Grain Cheerios W/ Bananas Milk & Juice  P.M. Cheetos	05/26 Breakfast Sausage Gravy & Biscuits Milk & Juice  P.M. Crunchy Cheetos
27 & 28 Closed	05/29  CLOSED HAPPY MEMORIAL DAY	5/30 Breakfast Whole Grain Cheerios W/ Bananas Milk & Juice  P.M. Cheese Crackers	05/31 Breakfast Bacon, Eggs English Muffins W/ Jelly Milk & Juice  P.M. Crunchy Cheetos		