

ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

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NOVEMBER

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 Cinnamon Rolls, Strawberries & Blueberries Milk & Juice  P. M. Snack Cinnamon Chex Mix & Yogurt  NATIONAL CINNAMON DAY	11/02 Scrambled Eggs, Assorted Flavored Oatmeal Milk & Juice  P.M. Snack Pineapple Upside Down Cake & pretzel sticks NATIONAL LET THEM EAT CAKE DAY	11/03 Bacon, Eggs, WW Toast W/Apple Butter, Milk & Juice  P.M. Snack Fig Newtons & Apple Slices  NATIONAL FIG DAY
Closed  4 & 5	11/06 Waffles & Sausage, Milk & Juice  P.M. Snack Rice Krispy Treats & Tangerine Slices	11/07 Assorted Muffins & Mixed Berries Milk & Juice  P.M. Snack Bagel Bites & Raisins & Dried Cranberries	11/08 Assorted Cereals W/Bananas Milk & Juice  P.M. Snack Veggie Straws, Choc or Vanilla Pudding	11/09 Scrambled Eggs & Sausage, Milk & Juice  P.M. Snack Peanut butter & banana Sandwich  NATIONAL NUTS ABOUT PEANUT BUTTER DAY	11/10 Breakfast Casserole, Fruit Cocktail, Milk & Juice P.M. Snack Vanilla Cupcakes & Jello Wiggles  NATIONAL VANILLA CUPCAKE DAY
Closed  11 & 12	11/13 Bacon, Eggs, English Muffins w/ Apple Butter, Milk & Juice  P.M. Snack Pimento Cheese Sandwiches & Applesauce	11/14 Breakfast Croissants w/raspberries and blueberries, Milk & Juice  P.M. Snack Fried Pickles, Pepperoni slices	11/15  Assorted Cereals, Bananas, Milk & Juice  P.M. Snack Meatballs & Cheese Bites	11/16 Sausage Gravy & Biscuits, Milk & Water  P.M. Snack Trail Mix & Peanut Butter Crackers	11/17 Gobble & Gossip Day Cinnamon Toast Stix and Bacon, Milk & Juice  P.M. Snack Apple Pie & Vanilla Ice Cream

NUTS ABOUT NUTS  
DAY

<p>Closed 18 &amp; 19</p>	<p>11/20 Sausage Biscuits w/ Jelly or Mustard milk &amp; Juice</p> <p>P.M. Snack Cheese Slaw &amp; Corn Chips</p>	<p>11/21 Pancakes &amp; Sausage Links, Milk &amp; Juice</p> <p>P.M. Snack</p> <p>Corn Dog Nuggets &amp; Ritz Crackers</p>	<p>11/22 Assorted Cereal &amp; Bananas Milk &amp; Juice</p> <p>P.M. Snack 5 Layer Dip &amp; Tortilla Chips</p>	<p>11/23 CLOSED FOR THANKSGIVING HAPPY THANKSGIVING</p>	<p>11/24 CLOSED FOR THANKSGIVING HAPPY THANKSGIVING</p>
<p>Closed 25 &amp; 26</p>	<p>11/27 CIDER MONDAY Sausage Gravy &amp; Biscuits, Milk &amp; Juice</p> <p>P.M. Snack Rice Crispy Treats &amp; Warm Apple Cider</p> <p>CIDER MONDAY</p>	<p>11/28 Assorted Oatmeal W/ Bananas, Milk &amp; Juice</p> <p>P.M. Snack Buffalo Chicken Dip and Corn Chips, Lemonade NATIONAL APPETIZER DAY</p>	<p>11/29 Scrambled Eggs, WW Toast mixed berries, Milk &amp; Juice</p> <p>P.M. Snack Lemon Cream Pie &amp; Strawberries</p> <p>NATIONAL LEMON CREAM PIE DAY</p>	<p>11/30 Bacon &amp; Egg Breakfast Burrito, Milk &amp; Juice</p> <p>P.M. Snack Yogurt &amp; Mixed Dried Cranberries and Raisins</p>	