

**ADULT CARE CENTER OF ROANOKE VALLEY**

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**FEBRUARY 2024**

**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.

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>2/01</b> Scrambled Eggs & Sausage, Milk & Juice  <b>P.M. Snack</b> Pretzels & Peanut Butter	<b>2/02</b> Breakfast Casserole, Fruit Cocktail, Milk & Juice  <b>P.M. Snack</b> Jello with Whipped Cream
<b>2/05</b> Bacon, Eggs, English Muffins w/ Apple Butter, Milk & Juice  <b>P.M. Snack</b> Peanut Butter and Banana Sandwiches	<b>2/06</b> Breakfast Croissants w/Bananas, Milk & Juice  <b>P.M. Snack</b> Chex Mix and Applesauce!	<b>2/07</b> Assorted Cereals, Bananas, Milk & Juice  <b>P.M. Snack</b> Hot Cocoa & Cheese Bites	<b>2/08</b> Eggs, hashbrowns, sausage, Milk, and Juice  <b>P.M. Snack</b> Chocolate Milk & Peanut Butter Crackers  <b>National Hashbrown Day!</b>	<b>2/09</b> Cinnamon Toast Stix and Bacon, Milk & Juice  <b>P.M. Snack</b> Peanut butter cookies topped with a chocolate kiss  <b>Chocolate Kiss Day!</b>
<b>2/12</b> Assorted Oatmeal, Bananas, Milk, and Juice  <b>P.M. Snack</b> Mini Corndogs and Fig Newtons  <b>Oatmeal Monday!</b>	<b>2/13</b> Pancakes W/Lite Syrup, Strawberries, Milk, & Juice  <b>P. M. Snack</b> Mini tacos and Cheese sticks  <b>National Pancake Day!</b>	<b>2/14</b> Sausage biscuits W/ jelly or Mustard, Milk, and juice  <b>P.M. Snack</b> Cream filled Chocolate (Day!) and pudding	<b>2/15</b> Assorted Cereals W/ Bananas, Milk, and Juice  <b>P.M. Snack</b> Pretzels and Yogurt	<b>2/16</b> Scrambled Eggs, bacon, WW Toast, milk, and juice  <b>P.M. Snack</b> Chocolate milk and Girl Scout cookie (DAY!)

<p><b>2/19</b> Breakfast Casserole, Fruit Cocktail, WW Toast, Milk, and Juice</p> <p><b>P.M. Snack</b> Corn Flakes Trail Mix with Chocolate Mint candies</p> <p><b>Cornflake and mint chocolate day!</b></p>	<p><b>2/20</b> Assorted Oatmeal W/Bananas, milk, and juice</p> <p><b>P.M. Snack</b> Cherry Pie with vanilla ice cream</p> <p><b>National Cherry Pie Day!</b></p>	<p><b>2/21</b> Sausage gravy and biscuits, milk, and juice</p> <p><b>P.M. Snack</b> Sliced Apples and Honey Buns!</p> <p><b>Sticky Bun Day!</b></p>	<p><b>2/22</b> Blueberry waffles W/ lite syrup, Bacon, milk, and juice</p> <p><b>P.M. Snack</b> Buffalo Chicken Dip and corn chips with Margarita Mocktails</p> <p><b>National Margarita Day!</b></p>	<p><b>2/23</b> Pancakes with lite syrup, Sausage, English Muffins, Milk &amp; Juice</p> <p><b>P.M. Snack</b> Vanilla Cupcakes and Sherbet</p> <p><b>February Birthday Celebration!</b></p> <p><b>Flippin' for Flapjacks and PJ's Friday! (Wear PJ's!!)</b></p>
<p><b>2/26</b> Sausage and biscuits with jelly or mustard, milk, and juice</p> <p><b>P.M. Snack</b> Mini cupcakes and pudding</p> <p><b>National cupcake day!</b></p>	<p><b>2/27</b> Eggs, bacon, Fiesta hashbrowns, biscuits, milk, and juice</p> <p><b>P.M. Snack</b> Milk and Pimento Cheese Sandwiches <b>National Big Breakfast Day!</b></p>	<p><b>2/28</b> Pancakes, sausage, WW Toast, Milk, and Juice</p> <p><b>P.M. Snack</b> Sausage pinwheels and yogurt</p>	<p><b>2/29</b> Breakfast Casserole, Fruit cocktail, Milk, and Juice</p> <p><b>P.M. Snack</b> Warm Apple Cider and Donut Holes</p>	