

ADULT CARE CENTER OF ROANOKE VALLEY

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April 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
<p>4/01 Toaster Strudel and scrambled eggs, milk, and juice</p> <p>P.M. Snack Spring birds' nest</p>	<p>4/02 Texas toast, sausage, egg, and cheese sandwiches, milk, and juice</p> <p>P.M. Snack PB&J and Bananas</p>	<p>4/03 Assorted cereals, bananas, milk, and juice</p> <p>P.M. Snack Happy birthday Ice Cream Sundae!</p>	<p>4/04 Scrambled eggs, bacon, biscuits, milk, and juice</p> <p>P.M. Snack Sugar-Free Dark Chocolate Mousse and Cheetos</p>	<p>4/05 Breakfast Casserole, Fruit Cocktail, Milk & Juice</p> <p>P.M. Snack Dirt pudding cups with gummy worms</p>
<p>4/08 Waffles W/Lite syrup, Bacon, Milk & Juice</p> <p>P.M. Snack Moon pies and liquid hydrogen (water)</p>	<p>4/09 Cinnamon French toast with scrambled eggs, Milk & Juice</p> <p>P.M. Snack Orange Sherbert Punch, cheese, and crackers</p>	<p>4/10 Sausage, WW toast, Potatoes O'Brien, Milk & Juice</p> <p>P.M. Snack String cheese, Oreo truffles</p>	<p>4/11 Green eggs and ham, WW toast, Milk, and Juice</p> <p>P.M. Snack Frosted animal crackers</p>	<p>4/12 Breakfast Casserole, Strawberries, Milk & Juice</p> <p>P.M. Snack Goldfish, Chocolate Peanut Clusters</p>
<p>4/15 Easy Waffles, Mandarin Oranges, Milk, and Juice</p> <p>P.M. Snack Lemon Berry Petit Fours</p>	<p>4/16 Blue Heaven pancakes, Milk, & Juice</p> <p>P. M. Snack Bananas and peanut butter</p>	<p>4/17 WW toast, eggs, bacon, pineapple, Milk, and juice</p> <p>P.M. Snack Cheese cubes and grapes</p>	<p>4/18 Assorted oatmeal W/ Bananas, Milk, and Juice</p> <p>P.M. Snack Fiesta Bean Dip and tortilla chips</p>	<p>4/19 French toast sticks, fresh fruit, milk, and juice</p> <p>P.M. Snack Yogurt and Pears</p>

<p>4/22 Toaster Strudel, Milk, and Juice</p> <p>P.M. Snack Popcorn and Raisinets</p>	<p>4/23 Scrambled eggs with bacon and cheese, WW toast, milk, and juice</p> <p>P.M. Snack Strawberry swirls and Shirley Temples</p>	<p>4/24 Breakfast Casserole, bananas, milk, and juice</p> <p>P.M. Snack Coke or Root Beer Floats</p>	<p>4/25 French toast sticks, apples, milk, and juice</p> <p>P.M. Snack Fancy Animal Cookie Cracker Bars</p>	<p>4/26 Bagel with cream cheese, Milk & Juice</p> <p>P.M. Snack Birthday cupcakes and pretzels</p>
<p>4/29 Biscuits and gravy, milk, and juice</p> <p>P.M. Snack Blueberry Pie and ice cream</p>	<p>4/30 Eggs with Blueberry muffin tops, milk, and juice</p> <p>P.M. Snack Smores and chips</p>			