

ADULT CARE CENTER OF ROANOKE VALLEY

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JANUARY 2025

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
		01/01 NEW YEAR's DAY CLOSED HAPPY NEW YEAR	01/02 French Toast, Sausage Patties Milk & Juice P.M. Snack Celery Sticks, Carrot Sticks with Ranch Dressing	01/03 Assorted Cereals & Bananas, Milk & Juice P.M. Snack Graham Crackers & Peanut Butter
01/06 Waffles & Sausage, Milk & Juice P.M. Snack Puff Corn & Grapes	01/07 Assorted Muffins - Blueberry, Cinnamon & Mixed Berries. Milk & Juice P.M. Snack Bagel Bites & Raisins	01/08 Assorted Cereals W/Bananas Milk & Juice P.M. Snack Crackers & Cheese	01/09 Scrambled Eggs Ham & Biscuits, Milk & Juice P.M. Snack Orange Slices & Wheat Thins	01/10 Breakfast Casserole, Fruit Cocktail, Milk & Juice P.M. Snack Jello & Fruit Cocktail
01/13 Bacon, Eggs, English Muffins w/ Apple Butter, Milk & Juice P.M. Snack Corndogs & Cheetos	01/14 Breakfast Croissants w/raspberries and blueberries, Milk & Juice P.M. Snack Yogurt & Mini Banana Nut Muffins	01/15 Assorted Cereals, Bananas, Milk & Juice P.M. Snack PB & J Sandwich on WW & Chips	01/16 Sausage Gravy & Biscuits, Milk & Water P.M. Snack Ham & Cheese Roll-ups	01/17 Cinnamon Toast Stix and Bacon, Milk & Juice P.M. Snack Mini Tacos and Churros

<p>01/20 Blueberry Pancakes W/Lite Syrup, Sausage Links, Milk, and Juice</p> <p>P.M. Snack Mini Corndogs & Animal Crackers</p>	<p>01/21 Assorted Muffins- Blueberry, Orange Cranberry. Strawberries & Blueberries. Milk & Juice</p> <p>P. M. Snack Yogurt & Orange Slices</p>	<p>01/22 Assorted Cereals W/ Bananas, Milk, and Juice</p> <p>P.M Snack</p> <p>Peanut butter crackers & Peaches</p>	<p>01/23 Scrambled Eggs, Sausage Patties, Milk & Juice</p> <p>P.M. Snack Strawberries & Blueberries on Biscuit</p>	<p>01/24 Sausage, Egg & Cheese Biscuits. Bananas, Milk & Juice</p> <p>P.M. Snack Graham Crackers & Peanut Butter</p>
<p>01/27 Assorted Muffins & Mixed Berries. Milk & Juice</p> <p>P.M. Snack Bagel Bites & Raisins</p>	<p>01/28 Scrambled Eggs Ham & Biscuits, Milk & Juice</p> <p>P.M. Snack Pretzels & Cheese Dip</p>	<p>01/29</p> <p>Sausage biscuits W/ jelly or Mustard.</p> <p>Milk and juice</p> <p>P.M Snack Peanut butter crackers & Apples</p>	<p>01/30</p> <p>Assorted Cereals, Bananas, Milk & Juice</p> <p>P.M. Snack</p> <p>PB & J Sandwich on WW &Chips</p>	<p>01/31</p> <p>French Toast, Sausage Patties Milk & Juice</p> <p>P.M. Snack Birthday Cake Celebrate- January Birthdays</p>