

**ADULT CARE CENTER OF ROANOKE VALLEY**

2321 Roanoke Boulevard, Salem, VA 24153

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**MARCH 2025**

**Breakfast and Snack Menu**

Cereal, milk, and 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.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>03/03</b> Sausage biscuits W/ jelly or Mustard, Milk, and juice  P.M Snack Peanut butter crackers & Apples	<b>03/04</b> Breakfast Croissants w/raspberries and blueberries, Milk & Juice  P.M. Snack Yogurt & Mini Banana Nut Muffins	<b>03/05</b> Eggs, Bacon, English Muffins, Apple Butter, Milk & Juice  P.M. Snack Oranges, Cheese and Crackers	<b>03/06</b> French Toast, Sausage Patties Milk & Juice  P.M. Snack Club crackers Celery Sticks, Carrot Sticks with Ranch Dressing & mini cupcake	<b>03/07</b> Assorted Cereals & Bananas, Milk & Juice  P.M. Snack Graham Crackers & Peanut Butter
<b>03/10</b> Waffles & Sausage, Milk & Juice  P.M. Snack Pizza Rolls and Grapes	<b>03/11</b> Assorted Muffins Blueberry & Cinnamon & Mixed Berries Milk & Juice  P.M. Snack PB & J Sandwich and Chips	<b>03/12</b> Assorted Cereals W/Bananas Milk & Juice  P.M. Snack Crackers & Cheese Cantaloupe	<b>03/13</b> Scrambled Eggs, Ham & Biscuits, Milk & Juice  P.M. Snack Orange Slices Wheat Thins & cottage cheese	<b>03/14</b> Breakfast Casserole, Fruit Cocktail, Milk & Juice  P.M. Snack Jello & Fruit Cocktail, Peanut Butter Toast
<b>03/17</b> Bacon, Eggs, St. Paddy's Potato Cakes English Muffins w/ Apple Butter, Milk & Juice  P.M. Snack Corndogs & Cheetos	<b>03/18</b> King Cake, Eggs, Milk & Juice  P.M. Snack Pizza Rolls, Puff Corn	<b>03/19</b> Assorted Cereals, Bananas, Milk & Juice  P.M. Snack PB & J Sandwich on WW bread & Chips	<b>03/20</b> Sausage Gravy & Biscuits, Milk & Water  P.M. Snack Ham & Cheese Roll-ups	<b>03/21</b> Cinnamon Toast Stix and Bacon, Milk & Juice  P.M. Snack Corn Dogs and Cheetos

<p><b>03/24</b>  <b>Blueberry Pancakes W/Lite Syrup, Sausage Links, Milk, and Juice</b></p> <p><b>P.M. Snack</b>  <b>Mini Corndogs &amp; Chocolate Covered Raisins</b></p>	<p><b>03/25</b>  <b>Assorted Muffins Blueberry, Orange / Cranberry. Strawberries &amp; Blueberries Milk &amp; Juice</b></p> <p><b>P. M. Snack</b>  <b>Yogurt &amp; Baklava</b></p>	<p><b>03/26</b>  <b>Assorted Cereals W/ Bananas, Milk, and Juice</b></p> <p><b>P.M Snack</b></p> <p><b>Peanut butter crackers &amp; Peaches</b></p>	<p><b>03/27</b>  <b>Scrambled Eggs, Sausage Patties, Milk &amp; Juice</b></p> <p><b>P.M. Snack</b>  <b>Strawberries &amp; Blueberries on Biscuit</b></p>	<p><b>03/28</b>  <b>Sausage Egg &amp; Cheese Biscuits Bananas Milk &amp; Juice</b></p> <p><b>P.M. Snack</b>  <b>Dump Cake &amp; Ice Cream</b>  <b>Celebrate March Birthdays</b></p>
<p><b>03/31</b>  <b>Assorted Muffins &amp; Mixed Berries, Milk &amp; Juice</b></p> <p><b>P.M. Snack</b>  <b>Bagel Bites &amp; Raisins</b></p>				