

ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

Phone: 540-981-2350 Fax:540-981-2353

SEPTEMBER 2025**Breakfast and Snack Menu**

Cereal, milk, and whole wheat toast are 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
09/01 CLOSED LABOR DAY	09/02 Cheerios W/Bananas. Milk & Juice P.M. Snack Crackers & Cheese Oranges	09/03 Bacon, Eggs and English Muffins w/ Apple Butter, Milk & Juice P.M. Snack Peanut butter & banana sandwiches W/ animal crackers	09/04 Assorted Muffins Blueberry & Cinnamon & Mixed Berries Milk & Juice P.M. Snack Mozzarella Cheese Sticks, Ranch Dip & Apples	09/05 Cinnamon Rolls, Sausage w/raspberries and blueberries, Milk & Juice P.M. Snack Mini Banana Nut Muffins W/ fruit cocktail
09/08 Waffles W/ Syrup & Sausage, Milk & Juice P.M. Snack Pizza Rolls and Grapes	09/09 French Toast Stix W/ Syrup, Sausage Patties Milk & Juice P.M. Snack Yogurt and Pears	09/10 Eggs, Hash brown casserole, sausage, toast, Milk & Juice P.M. Snack Rice Pudding, Pineapple	09/11 Scrambled Eggs Bacon & Biscuits, Milk & Juice P.M. Snack Pig in a Blanket & Pineapple	09/12 Breakfast Casserole, Fruit Cocktail, Milk & Juice P.M. Snack Fruit Cocktail W/ Jello, Peanut Butter Toast
09/15 Eggs, Hash brown casserole, sausage, toast, Milk & Juice P.M. Snack Cottage Cheese and Pears	09/16 Cheerios, Bananas Milk & Juice P.M. Snack Biscuits W/ strawberries, blueberries W/ powdered sugar	09/17 Ham & Egg Biscuits, Peaches, milk & juice P.M. Snack Fig Newtons & Chocolate or Vanilla Pudding	09/18 Sausage Gravy & Biscuits, Milk & Water P.M. Snack PB&J sandwich, Potato Chips	09/19 French Toast and Bacon, Milk & Juice P.M. Snack Nutella/PB toast & strawberries

09/22 Blueberry Pancakes W/Lite Syrup, Sausage Links, Milk, and Juice P.M. Snack Mini Corndogs & Chocolate Covered Raisins	09/23 Assorted Muffins Blueberry, Orange Cranberry Strawberries & Blueberries Milk & Juice P. M. Snack Turkey/Cheese Rollups & Pretzels	09/24 Cheerios W/ Bananas, Milk, and Juice P.M Snack Root beer Floats Sugar Free Root beer & Vanilla Ice cream	09/25 Scrambled Eggs, WW toast, Milk & Juice P.M. Snack Chocolate Pudding, Animal crackers	09/26 Bacon, Egg & Cheese Biscuits. Bananas, Milk & Juice P.M. Snack Birthday Cake & Ice Cream Celebrating July Birthdays
09/29 Eggs, Bacon, English Muffins, Apple Butter, Milk & Juice P.M Snack PB&J sandwich on WW, Pretzels	09/30 Sausage biscuits W/ jelly or Mustard, Milk, and juice P.M Snack Nutella toast & Apples			