

ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

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

OCTOBER 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
		10/01 Cheerios W/ Bananas, Milk & Juice P.M Snack PB & J Sandwich & Doritos	10/02 Bacon, Egg and cheese Biscuit Orange Slices, Milk & Juice P.M Snack Yogurt and Apples	10/03 Cinnamon Rolls, Sausage, Applesauce, Milk & Juice P.M. Snack Mini Banana Nut Muffins W/ fruit cocktail
10/06 Waffles W/ Syrup & Sausage, Milk & Juice P.M. Snack Pizza Rolls and Grapes	10/07 French Toast Stix W/ Syrup, Sausage Patties Milk & Juice P.M. Snack Peanut butter, Graham Crackers, Mango cups	10/08 Hashbrown Casserole, Sausage Links, Toast, Jelly. Milk & Juice P.M. Snack Crackers & Cheese, Oranges	10/09 Scrambled Eggs Bacon & Biscuits, Milk & Juice P.M. Snack Fruit Cocktail W/ Jello, Peanut Butter Toast	10/10 Breakfast Casserole, Fruit Cocktail, Milk & Juice P.M. Snack Mozzarella Cheese Sticks, Ranch Dip Mango Cups
10/13 Bacon, Eggs and English Muffins w/ Apple Butter, Milk & Juice P.M. Snack Peanut butter & banana sandwiches W/ animal crackers	10/14 Cheerios, Bananas Milk & Juice P.M. Snack Biscuits W/ strawberries, blueberries powdered sugar	10/15 Ham & Egg Quiche, milk & juice P.M. Snack Taco Dip and Chips	10/16 Sausage Gravy & Biscuits, Milk & Water P.M. Snack Mozzarella Sticks, W/ Ranch Dip, Carrot & celery sticks	10/17 French Toast and Bacon, Milk & Juice P.M. Snack Nutella/PB toast & pineapple

10/20 Chocolate Chip Pancakes W/Lite Syrup, Sausage Links, Milk, and Juice P.M. Snack Mini Corndogs & Chocolate Covered Raisins	10/21 Mini Chicken Biscuits, Fruit Cups Milk & Juice P. M. Snack Peanut Butter Sandwich and Apple Chips	10/22 Cheerios W/ Bananas, Milk, and Juice P.M Snack Root beer Floats Sugar Free Root beer & Vanilla Ice cream	10/23 Scrambled Eggs, Sausage Patties, toast, Milk & Juice P.M. Snack Chocolate Pudding, Animal crackers	10/24 Bacon, Egg & Cheese Biscuits. Bananas, Milk & Juice P.M. Snack Birthday Cake & Ice Cream Celebrating July Birthdays
10/27 Eggs, Bacon, English Muffins, Apple Butter, Milk & Juice P.M Snack Cinnamon Roll Casserole W/ apples	10/28 Sausage biscuits W/ jelly or Mustard, Milk, and juice P.M Snack Nutella toast & Strawberries	10/29 Chicken and Waffles W/syrup Orange Slices, Milk & Juice P.M. Snack Graham Crackers & Peanut Butter, Pears	10/30 Eggs, sausage, toast, Milk & Juice P.M. Snack Chicken Nachos w/lettuce, tomatoes, onion, cheese, corn, sour cream & Salsa	10/31 Ham Biscuits, applesauce, Milk & Juice P.M. Snack Mummies in a blanket and Chocolate covered spiders