

ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

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

MARCH 2026

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
03/02 Green Eggs & Ham with Biscuits, Milk & Juice P.M. Snack Cat and the Hat Cookies, W/ Strawberries, Bananas	03/03 Waffles W/ Lite Syrup & Ham, Milk & Juice P.M. Snack Pizza Rolls and Grapes	03/04 Sausage biscuits W/ jelly or Mustard, Milk, and Juice P.M. Snack Cheese stick, Strawberries and Blueberries	03/05 Oatmeal w blueberries, WW English Muffins Milk & Juice P.M Snack PB & J Sandwiches & Doritos	03/06 Cinnamon Rolls, Sausage, Applesauce, Milk & Juice P.M. Snack Mini Banana Nut Muffins W/ fruit cocktail
03/09 Waffles W/ Lite Syrup & Ham, Milk & Juice P.M. Snack Strawberry Jello Salad & Animal Crackers	03/10 French Toast Stix W/ Lite Syrup, Sausage Patties Milk & Juice P.M. Snack Peanut butter, Graham Crackers, Mango cups	03/11 Hashbrown Casserole, Sausage Links, Toast, Jelly. Milk & Juice P.M. Snack Crackers & Cheese, Oranges	03/12 Scrambled Eggs Bacon & Biscuits, Milk & Juice P.M. Snack Fruit Pizza W/ strawberries, pineapples, mandarin oranges, & kiwi	03/13 Breakfast Casserole, Fruit Cocktail, Milk & Juice P.M. Snack Mozzarella Cheese Sticks, Ranch Dip, Mango Cups
03/16 Ham, Eggs and English Muffins w/ Jelly, Milk & Juice P.M. Snack Peanut butter & banana sandwiches W/ animal crackers	03/17 Oatmeal with apples, English muffins Milk & Juice P.M. Snack Biscuits W/ strawberries, blueberries powdered sugar	03/18 Ham & Egg Quiche, milk & juice P.M. Snack Taco Dip and Chips	03/19 Sausage Gravy & Biscuits, Milk & Water P.M. Snack Mozzarella Sticks, W/ Ranch Dip, Carrot & celery sticks	03/20 French Toast and Bacon, Milk & Juice P.M. Snack Nutella/PB toast & pineapple

<p>03/23 Oatmeal W/ Blueberries W/ Milk and Juice</p> <p>P.M. Snack Mini Corndogs & Chocolate Covered Raisins</p>	<p>03/24 Mini Chicken Biscuits, Fruit Cups Milk & Juice</p> <p>P.M. Snack Peanut Butter Crackers & Grapes</p>	<p>03/25 Cheerios W/ Bananas, Milk, and Juice</p> <p>P.M Snack Spinach Dip & Pita Crackers</p>	<p>03/26 Corn Beef Hash, Fried Eggs, & Toast Orange Slices, Milk & Juice</p> <p>P.M. Snack Graham Crackers & Peanut Butter, Pears</p>	<p>03/27 Sausage biscuits W/ jelly or Mustard, Milk, and juice</p> <p>P.M Snack Birthday Cake & Ice Cream</p>
<p>03/30 Chicken & Waffles, Hash Browns, Milk & Juice</p> <p>P.M. Snack Fruit Cocktail W/ Jello, Peanut Butter Toast</p>	<p>03/31 Chocolate Chip Pancakes, Sausage, Milk & Juice</p> <p>P.M. Snack Nutella toast & Strawberries</p>			