

ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

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

JULY 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. PM Snack Substitutions: Animal Crackers, Ritz Crackers, Fruit Cups,

Whole Grain Bread. Serving with PM: 1% Milk, Water, Coffee upon request.

Monday	Tuesday	Wednesday	Thursday	Friday
		07/01 Breakfast Casserole, Fruit Cocktail, Milk & Juice P.M. Snack Mozzarella Cheese Sticks, Ranch Dip, Mango Cups	07/02 Sausage Biscuits & Gravy, Cantaloupe, Milk & Juice P.M. Snack PB & Banana Sandwich, Watermelon	07/03 CLOSED HAPPY INDEPENDENCE DAY
07/06 Waffles W/ Lite Syrup & Ham, Milk & Juice P.M. Snack Strawberry Jello Salad W/ fruit cocktail & Animal Crackers	07/07 French Toast Stix W/ Lite Syrup, Sausage Patties, Milk & Juice P.M. Snack Peanut butter, Graham Crackers, Mango cups	07/08 Hashbrown Casserole, Sausage Links, Toast, Jelly. Milk & Juice P.M. Snack Crackers & Cheese, Oranges	07/09 Scrambled Eggs Bacon & Biscuits, Milk & Juice P.M. Snack Fruit Pizza W/ strawberries, pineapples, mandarin oranges, & kiwi	07/10 Breakfast Casserole, Fruit Cocktail, Milk & Juice P.M. Snack Mozzarella Cheese Sticks, Ranch Dip, Mango Cups
07/13 Ham, Eggs and English Muffins w/ Jelly, Milk & Juice P.M. Snack Peanut butter & banana sandwiches W/ animal crackers	07/14 Bacon, Egg & Cheese English muffin, Milk & Juice P.M. Snack Biscuits W/ strawberries, blueberries	07/15 Ham & Egg Quiche, Fruit Cocktail, milk & juice P.M. Snack Mini Corn Dogs	07/16 Sausage Gravy & Biscuits, Apple Sauce, Milk & Juice P.M. Snack Mozzarella Sticks, W/ Ranch Dip, celery sticks	07/17 French Toast and Bacon, Milk & Juice P.M. Snack Nutella/PB toast & pineapple

07/20 Ham, Egg, Cheese Breakfast Casserole, Blueberries & Strawberries, Milk and Juice P.M. Snack Mini Corndogs & Peach Fruit Cup	07/21 Mini Chicken Biscuits, Fruit Cups Milk & Juice P.M. Snack Peanut Butter Crackers & Grapes	07/22 Bacon Egg & Cheese Biscuits Bananas, Milk, and Juice P.M. Snack PB&J sandwich Strawberries & Blueberries	07/23 Corned Beef Hash, Fried Eggs, & Toast Orange Slices, Milk & Juice P.M. Snack Graham Crackers & Peanut Butter, Pears	07/24 Sausage biscuits W/ jelly or Mustard, Milk, and juice P.M. Snack Mini Banana Nut Muffins W/ fruit cocktail
07/27 Chicken & Waffles, Hash Browns, Milk & Juice P.M. Snack Fruit Cocktail W/ Jello, Peanut Butter Toast	07/28 Chocolate Chip Pancakes W/ Lite syrup, Sausage, Milk & Juice P.M. Snack Nutella toast & Strawberries	07/29 Scrambled Eggs & Ham with Biscuits, Fruit Cup Milk & Juice P.M. Snack Cheese & crackers w/ grapes	07/30 Waffles W/ Lite Syrup & Bacon, Fruit Cup, Milk & Juice P.M. Snack Pizza Rolls and Pineapple	07/31 Cinnamon Rolls, Sausage, Applesauce, Milk & Juice P.M. Snack Peanut Butter Toast, Peaches Birthday Cake & Ice Cream