

ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

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SEPTEMBER 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
	09/01 Chicken & Waffles, Hash Browns, Milk & Juice P.M. Snack Fruit Cocktail W/ Jello, Peanut Butter Toast	09/02 Breakfast Casserole, Fruit Cocktail, Milk & Juice P.M. Snack Mozzarella Cheese Sticks, Ranch Dip, Mango Cups	09/03 Sausage Biscuits & Gravy, Cantaloupe, Milk & Juice P.M. Snack PB & Banana Sandwich, Watermelon	09/04 Bacon Egg & Cheese Biscuits, Bananas, Milk, and Juice P.M Snack PB&J sandwich Strawberries & Blueberries
09/07 CLOSED HAPPY LABOR DAY	09/08 French Toast Stix W/ Lite Syrup, Sausage Patties, Milk & Juice P.M. Snack Peanut butter, Graham Crackers, Mango cups	09/09 Hashbrown Casserole, Sausage Links, Toast, Jelly. Milk & Juice P.M. Snack Crackers & Cheese, Oranges	09/10 Scrambled Eggs Bacon & Biscuits, Milk & Juice P.M. Snack Fruit Pizza W/ strawberries, pineapples, mandarin oranges, & kiwi	09/11 Breakfast Casserole, Fruit Cocktail, Milk & Juice P.M. Snack Mozzarella Cheese Sticks, Ranch Dip, Mango Cups
09/14 Ham, Eggs and English Muffins w/ Jelly, Milk & Juice P.M. Snack Peanut butter & banana sandwiches W/ animal crackers	09/15 Bacon, Egg & Cheese English muffin, Milk & Juice P.M. Snack Biscuits W/ strawberries, blueberries	09/16 Ham & Egg Quiche, Fruit Cocktail, milk & juice P.M. Snack Mini Corn Dogs	09/17 Sausage Gravy & Biscuits, Apple Sauce, Milk & Juice P.M. Snack Mozzarella Sticks, W/ Ranch Dip, celery sticks	09/18 French Toast and Bacon, Milk & Juice P.M. Snack Nutella/PB toast & pineapple

09/21 Ham, Egg, Cheese Breakfast Casserole, Blueberries & Strawberries, Milk and Juice P.M. Snack Mini Corndogs & Peach Fruit Cup	09/22 Mini Chicken Biscuits, Fruit Cups Milk & Juice P.M. Snack Peanut Butter Crackers & Grapes	09/23 Bacon Egg & Cheese Biscuits Bananas, Milk, and Juice P.M Snack PB&J sandwich Strawberries & Blueberries	09/24 Corn Beef Hash, Fried Eggs, & Toast Orange Slices, Milk & Juice P.M. Snack Graham Crackers & Peanut Butter, Pears	09/25 Cinnamon Rolls, Sausage, Applesauce, Milk & Juice P.M. Snack Peanut Butter Toast, Peaches Birthday Cake & Ice Cream
09/28 Sausage biscuits W/ jelly or Mustard, Milk, and juice P.M Snack Mini Banana Nut Muffins W/ fruit cocktail	09/29 French Toast and Bacon, Milk & Juice P.M. Snack Nutella/PB toast & pineapple	09/30 Bacon Egg & Cheese Biscuits, Bananas, Milk, and Juice P.M Snack PB&J sandwich Strawberries & Blueberries		