

ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

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

OCTOBER 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
			10/01 Sausage Biscuits & Gravy, Cantaloupe, Milk & Juice P.M. Snack PB & Banana Sandwich, Watermelon	10/02 Bacon Egg & Cheese Biscuits, Bananas, Milk, and Juice P.M Snack PB&J sandwich Strawberries & Blueberries
10/05 Chicken & Waffles, Hash Browns, Milk & Juice P.M. Snack Fruit Cocktail W/ Jello, Peanut Butter Toast	10/06 French Toast Stix W/ Lite Syrup, Sausage Patties, Milk & Juice P.M. Snack Peanut butter, Graham Crackers, Mango cups	10/07 Hashbrown Casserole, Sausage Links, Toast, Jelly. Milk & Juice P.M. Snack Crackers & Cheese, Oranges	10/08 Scrambled Eggs Bacon & Biscuits, Milk & Juice P.M. Snack Fruit Pizza W/ strawberries, pineapples, mandarin oranges, & kiwi	10/09 Breakfast Casserole, Fruit Cocktail, Milk & Juice P.M. Snack Mozzarella Cheese Sticks, Ranch Dip, Mango Cups
10/12 Ham, Eggs and English Muffins w/ Jelly, Milk & Juice P.M. Snack Peanut butter & banana sandwiches W/ animal crackers	10/13 Bacon, Egg & Cheese English muffin, Milk & Juice P.M. Snack Biscuits W/ strawberries, blueberries	10/14 Ham & Egg Quiche, Fruit Cocktail, milk & juice P.M. Snack Mini Corn Dogs	10/15 Sausage Gravy & Biscuits, Apple Sauce, Milk & Juice P.M. Snack Mozzarella Sticks, W/ Ranch Dip, celery sticks	10/16 French Toast and Bacon, Milk & Juice P.M. Snack Nutella/PB toast & pineapple

10/19 Ham, Egg, Cheese Breakfast Casserole, Blueberries & Strawberries, Milk and Juice P.M. Snack Mini Corndogs & Peach Fruit Cup	10/20 Mini Chicken Biscuits, Fruit Cups Milk & Juice P.M. Snack Peanut Butter Crackers & Grapes	10/21 Bacon Egg & Cheese Biscuits Bananas, Milk, and Juice P.M Snack PB&J sandwich Strawberries & Blueberries	10/22 Corn Beef Hash, Fried Eggs, & Toast Orange Slices, Milk & Juice P.M. Snack Graham Crackers & Peanut Butter, Pears	10/23 Cinnamon Rolls, Sausage, Applesauce, Milk & Juice P.M. Snack Peanut Butter Toast, Peaches Birthday Cake & Ice Cream
10/26 Sausage biscuits W/ jelly or Mustard, Milk, and juice P.M Snack Mini Banana Nut Muffins W/ fruit cocktail	10/27 French Toast and Bacon, Milk & Juice P.M. Snack Nutella/PB toast & pineapple	10/28 Bacon Egg & Cheese Biscuits, Bananas, Milk, and Juice P.M Snack PB&J sandwich Strawberries & Blueberries	10/29 Breakfast Casserole, Fruit Cocktail, Milk & Juice P.M. Snack Mozzarella Cheese Sticks, Ranch Dip, Mango Cups	10/30 Ham Biscuits, Oranges, Jelly, Milk & Water P.M. Snack Fruit Pizza, & Cheddar Cheese Slices