ADULT CARE CENTER OF ROANOKE VALLEY
2321 Roanoke Boulevard, Salem, VA 24153

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NOVEMBER 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
11/02 French Toast Stix & Bacon, Milk & Juice P.M. Snack Nutella/PB toast & pineapple	11/03 Ham Biscuits, Oranges, Jelly, Milk & Water P.M. Snack Fruit Pizza, & Chedder Cheese Slices	11/04 Breakfast Casserole, Fruit Cocktail, Milk & Juice P.M. Snack Mozzarella Cheese Sticks, Ranch Dip, Mango Cups	11/05 Sausage Biscuits & Gravy, Cantaloupe, Milk & Juice P.M. Snack PB & Banana Sandwich, Watermelon	11/06 Bacon Egg & Cheese Biscuits, Bananas, Milk, and Juice P.M Snack PB&J sandwich Strawberries & Blueberries
11/09 Chicken & Waffles, Hash Browns, Milk & Juice P.M. Snack Fruit Cocktail W/ Jello, Peanut Butter Toast	11/10 French Toast Stix W/ Lite Syrup, Sausage Patties, Milk & Juice P.M. Snack Peanut butter, Graham Crackers, Mango cups	11/11 Hashbrown Casserole, Sausage Links, Toast, Jelly. Milk & Juice P.M. Snack Crackers & Cheese, Oranges	11/12 Scrambled Eggs Bacon & Biscuits, Milk & Juice P.M. Snack Fruit Pizza W/ strawberries, pineapples, mandarin oranges, & kiwi	11/13 Breakfast Casserole, Fruit Cocktail, Milk & Juice P.M. Snack Mozzarella Cheese Sticks, Ranch Dip, Mango Cups
11/16 Ham, Eggs and English Muffins w/ Jelly, Milk & Juice P.M. Snack Peanut butter & banana sandwiches W/ animal crackers	11/17 Bacon, Egg & Cheese English muffin, Milk & Juice P.M. Snack Biscuits W/ strawberries, blueberries	11/18 Ham & Egg Quiche, Fruit Cocktail, milk & juice P.M. Snack Mini Corn Dogs	11/19 Sausage Gravy & Biscuits, Apple Sauce, Milk & Juice P.M. Snack Mozzarella Sticks, W/ Ranch Dip, celery sticks	11/20 French Toast and Bacon, Milk & Juice P.M. Snack Nutella/PB toast & pineapple

11/23 **Ham, Egg, Cheese Breakfast Casserole, Blueberries & Strawberries, Milk and Juice** **P.M. Snack** **Mini Corndogs & Peach Fruit Cup**	**11/24** **Mini Chicken Biscuits, Fruit Cups Milk & Juice** **P.M. Snack** **Peanut Butter Crackers & Grapes**	**11/25** **Bacon Egg & Cheese Biscuits Bananas, Milk, and Juice** **P.M Snack** **PB&J sandwich Strawberries & Blueberries**	**11/26** **Corn Beef Hash, Fried Eggs, & Toast Orange Slices, Milk & Juice** **P.M. Snack** **Graham Crackers & Peanut Butter, Pears**	**11/27** **Cinnamon Rolls, Sausage, Applesauce, Milk & Juice** **P.M. Snack** **Peanut Butter Toast, Peaches Birthday Cake & Ice Cream**
11/30 **Sausage biscuits W/ jelly or Mustard, Milk, and juice** **P.M Snack** **Mini Banana Nut Muffins W/ fruit cocktail**				