

ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

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OCTOBER

Breakfast and Snack Menu

Cereal, milk, whole wheat toast is 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 Gravy & Biscuits Milk & Juice P.M. Snack Jello & Gingerbread Cake	10/02 Bacon, Eggs & English Muffins, Milk & Juice P.M. Snack Bagel Bites & Tangerines	10/03 French Toast, Sausage Patties Milk & Juice P.M. Snack Celery Sticks, Carrot Sticks with Ranch Dressing	10/04 Assorted Cereals & Bananas, Milk & Juice P.M. Snack Graham Crackers & Peanut Butter
10/07 Waffles & Sausage, Milk & Juice P.M. Snack Puff Corn & Grapes	10/08 Assorted Muffins Blueberry & Cinnamon & Mixed Berries Milk & Juice P.M. Snack Bagel Bites & Raisins	10/09 Assorted Cereals W/Bananas Milk & Juice P.M. Snack Crackers & Cheese	10/10 Scrambled Eggs Ham & Biscuits, Milk & Juice P.M. Snack Orange Slices & Wheat Thins	10/11 Breakfast Casserole, Fruit Cocktail, Milk & Juice P.M. Snack Jello & Fruit Cocktail
10/14 Bacon, Eggs, English Muffins w/ Apple Butter, Milk & Juice P.M. Snack Corndogs & Cheetos	10/15 Breakfast Croissants w/raspberries and blueberries, Milk & Juice P.M. Snack Yogurt & Mini Banana Nut Muffins	10/16 Assorted Cereals, Bananas, Milk & Juice P.M. Snack PB & J Sandwich on WW & Chips	10/17 Sausage Gravy & Biscuits, Milk & Water P.M. Snack Ham & Cheese Roll-ups	10/18 Cinnamon Toast Stix and Bacon, Milk & Juice P.M. Snack Mini Tacos and Churros

<p>10/21 Blueberry Pancakes W/Lite Syrup, Sausage Links, Milk, and Juice</p> <p>P.M. Snack Mini Corndogs & Animal Crackers</p>	<p>10/22 Assorted Muffins Blueberry, Orange Cranberry Strawberries & Blueberries Milk & Juice</p> <p>P. M. Snack Yogurt & Orange Slices</p>	<p>10/23 Assorted Cereals W/ Bananas, Milk, and Juice</p> <p>P.M Snack</p> <p>Peanut butter crackers & Peaches</p>	<p>10/24 Scrambled Eggs, Sausage Patties, Milk & Juice</p> <p>P.M. Snack Strawberries & Blueberries on Biscuit</p>	<p>10/25 Sausage Egg & Cheese Biscuits Bananas Milk & Juice</p> <p>P.M. Snack Graham Crackers & Peanut Butter</p>
<p>10/28 Assorted Muffins & Mixed Berries Milk & Juice</p> <p>P.M. Snack Bagel Bites & Raisins</p>	<p>10/29 Scrambled Eggs Ham & Biscuits, Milk & Juice</p> <p>P.M. Snack Pretzels & Cheese Dip</p>	<p>10/30</p> <p>Sausage biscuits W/ jelly or Mustard, Milk, and juice</p> <p>P.M Snack Peanut butter crackers & Apples</p>	<p>10/31</p> <p>French Toast, Sausage Patties Milk & Juice</p> <p>P.M. Snack Birthday Cake Celebrate July Birthdays</p>	