

**ADULT CARE CENTER OF ROANOKE VALLEY**

2321 Roanoke Boulevard, Salem, VA 24153

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**DECEMBER 2024**

**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.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>12/02</b> Blueberry, Orange-Cranberry or cinnamon muffins. Blueberries and strawberries, Milk & Juice P. M. Snack Yogurt & Orange Slices	<b>12/03</b> Sausage Gravy & Biscuits, Milk & Juice  P.M. Snack Jello & Gingerbread Cake	<b>12/04</b> Bacon, Eggs & English Muffins, Milk & Juice  P.M. Snack Bagel Bites & Tangerines	<b>12/05</b> French Toast, Sausage Patties Milk & Juice  P.M. Snack Celery Sticks, Carrot Sticks with Ranch Dressing	<b>12/06</b> Assorted Cereals & Bananas, Milk & Juice  P.M. Snack Graham Crackers & Peanut Butter
<b>12/09</b> Waffles & Sausage, Milk & Juice  P.M. Snack Puff Corn & Grapes	<b>12/10</b> Assorted Muffins Blueberry & Cinnamon & Mixed Berries Milk & Juice  P.M. Snack Bagel Bites & Raisins	<b>12/11</b> Assorted Cereals W/Bananas Milk & Juice  P.M. Snack Crackers & Cheese	<b>12/12</b> Scrambled Eggs Ham & Biscuits, Milk & Juice  P.M. Snack Orange Slices & Wheat Thins	<b>12/13</b> Breakfast Casserole, Fruit Cocktail, Milk & Juice  P.M. Snack Jello & Fruit Cocktail
<b>12/16</b> Bacon, Eggs, English Muffins w/ Apple Butter, Milk & Juice  P.M. Snack Corndogs & Cheetos	<b>12/17</b> Breakfast Croissants w/raspberries and blueberries, Milk & Juice P.M. Snack Yogurt & Mini Banana Nut Muffins	<b>12/18</b> Assorted Cereals, Bananas, Milk & Juice  P.M. Snack PB & J Sandwich on WW & Chips	<b>12/19</b> Sausage Gravy & Biscuits, Milk & Water  P.M. Snack Ham & Cheese Roll-ups	<b>12/20</b> Cinnamon Toast Stix and Bacon, Milk & Juice  P.M. Snack Mini Tacos and Churros

<p><b>12/23</b>  <b>Blueberry Pancakes W/Lite Syrup, Sausage Links, Milk, and Juice</b></p> <p><b>P.M. Snack</b>  <b>Mini Corndogs &amp; Animal Crackers</b></p>	<p><b>12/24</b>  <b>CLOSED</b></p> <p><b>MERRY CHRISTMAS</b></p>	<p><b>12/25</b>  <b>CLOSED</b></p> <p><b>MERRY CHRISTMAS</b></p>	<p><b>12/26</b>  <b>Scrambled Eggs, Sausage Patties, Milk &amp; Juice</b></p> <p><b>P.M. Snack</b>  <b>Christmas Cookies</b>  <b>Grapes</b></p>	<p><b>12/27</b>  <b>Sausage Egg &amp; Cheese Biscuits</b>  <b>Bananas Milk &amp; Juice</b></p> <p><b>P.M. Snack</b>  <b>Graham Crackers &amp; Peanut Butter</b></p>
<p><b>12/30</b>  <b>Assorted Muffins &amp; Mixed Berries Milk &amp; Juice</b></p> <p><b>P.M. Snack</b>  <b>Bagel Bites &amp; Raisins</b></p>	<p><b>12/31</b>  <b>Scrambled Eggs</b>  <b>Ham &amp; Biscuits, Milk &amp; Juice</b></p> <p><b>P.M. Snack</b>  <b>Pretzels &amp; Cheese Dip</b></p>			