

ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

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FEBRUARY 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
02/02 Scrambled Eggs Bacon & Biscuits, Milk & Juice P.M. Snack Fruit Cocktail W/ Jello, Peanut Butter Toast	02/03 Waffles W/ Lite Syrup & Ham, Milk & Juice P.M. Snack Pizza Rolls and Grapes	02/04 Sausage biscuits W/ jelly or Mustard, Milk, and Juice P.M Snack Biscuits W/ Strawberries and Blueberries	02/05 Cheerios W/ Bananas, Milk & Juice P.M Snack PB & J Sandwiches & Doritos	02/06 Cinnamon Rolls, Sausage, Applesauce, Milk & Juice P.M. Snack Mini Banana Nut Muffins W/ fruit cocktail
02/09 Waffles W/ Lite Syrup & Ham, Milk & Juice P.M. Snack Strawberry Jello Salad & Animal Crackers	02/10 French Toast Stix W/ Lite Syrup, Sausage Patties Milk & Juice P.M. Snack Peanut butter, Graham Crackers, Mango cups	02/11 Hashbrown Casserole, Sausage Links, Toast, Jelly. Milk & Juice P.M. Snack Crackers & Cheese, Oranges	02/12 Scrambled Eggs Bacon & Biscuits, Milk & Juice P.M. Snack Fruit Pizza W/ strawberries, pineapples, mandarin oranges, & kiwi	02/13 Breakfast Casserole, Fruit Cocktail, Milk & Juice P.M. Snack Mozzarella Cheese Sticks, Ranch Dip, Mango Cups
02/16 Ham, Eggs and English Muffins w/ Jelly, Milk & Juice P.M. Snack Peanut butter & banana sandwiches W/ animal crackers	02/17 Cheerios, Bananas Milk & Juice P.M. Snack Biscuits W/ strawberries, blueberries powdered sugar	02/18 Ham & Egg Quiche, milk & juice P.M. Snack Taco Dip and Chips	02/19 Sausage Gravy & Biscuits, Milk & Water P.M. Snack Mozzarella Sticks, W/ Ranch Dip, Carrot & celery sticks	02/20 French Toast and Bacon, Milk & Juice P.M. Snack Nutella/PB toast & pineapple

02/23 Oatmeal W/ Blueberries W/ Milk and Juice P.M. Snack Mini Corndogs & Chocolate Covered Raisins	02/24 Mini Chicken Biscuits, Fruit Cups Milk & Juice P.M. Snack Peanut Butter Crackers & Grapes	02/25 Cheerios W/ Bananas, Milk, and Juice P.M Snack Spinach Dip & Pita Crackers	02/26 Corn Beef Hash, Fried Eggs, & Toast Orange Slices, Milk & Juice P.M. Snack Graham Crackers & Peanut Butter, Pears	02/27 Sausage biscuits W/ jelly or Mustard, Milk, and juice P.M Snack Nutella toast & Strawberries