

December 2021



Berryville & Richmond Breakfast, 500 Calorie

500 Calorie Meals

The 500 Calorie meals are planned to be as close to 500 calories as possible, however the nutritional content will vary slightly from day to day.

Beverages:

All meals have 1 cup of fat free milk factored into the calorie count. If milk is not the desired beverage, water, non-sweetened tea, or other zero calorie beverages are recommended.

If you have special requests or concerns, please ask your server or see contact information below:

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 - - Ham & Egg Scramble - Herbed Potatoes - Fresh Fruit - - Choice of Milk	2 - - Pancakes - Cream Chipped Beef - Fresh Fruit - - Choice of Milk	3 - - Scrambled Eggs - Whole Wheat Toast w/ Butter - Grapes - Choice of Milk	4 - - English Muffin w/ Peanut Butter - - Fresh Fruit - - Choice of Milk
5 - - Waffles - Butter Strawberry Topping - Fresh Fruit - Choice of Milk	6 - - Breakfast Casserole - - Yogurt - Fresh Fruit - Choice of Milk	7 - - French Toast - Butter Sugar Free Syrup - - Fresh Fruit - Choice of Milk	8 - - Sausage Stuffed Pancake Dippers - Sugar Free Syrup - - Fresh Fruit - Choice of Milk	9 - - English Muffin w/ Egg & Cheese - - - Grapes - Choice of Milk	10 - - Pancakes - Sugar Free Syrup Scrambled Eggs Greek Yogurt - - Choice of Milk	11 - - Cheesy Eggs - Bacon - Fresh Fruit - - Choice of Milk
12 - - French Toast Minis - Sugar Free Syrup Butter - Fresh Fruit - Choice of Milk	13 - - Waffles - Butter & Sugar Free Syrup Greek Yogurt Grapes - - Choice of Milk	14 - - Pancakes - Sugar Free Syrup Butter - Fresh Fruit - Choice of Milk	15 - - Scrambled Eggs - Turkey Sausage Patty - Fresh Fruit - - Choice of Milk	16 - - Bacon - Cheesy Eggs - Fresh Fruit - - Choice of Milk	17 - - Sausage Patty - Toast Butter Jelly - Grapes - Choice of Milk	18 - - Canadian Bacon - - Bagel Cream Cheese - - Fresh Fruit - Choice of Milk
19 - - French Toast - Sugar Free Syrup Butter - Fresh Fruit - Choice of Milk	20 - - Biscuits & Sausage Gravy - - Mixed Fruit - - Choice of Milk	21 - - Cheesy Eggs - - Toast Fresh Fruit - - Choice of Milk	22 - - Cinnamon Swirl French Toast - - Sugar Free Syrup & Butter - - Turkey Sausage Links - Choice of Milk	23 - - Sausage Stuffed Pancake Dippers - Sugar Free Syrup Yogurt - Grapes - Choice of Milk	24 - - Western Omelette w/Cheese - Herbed Potatoes - - Fresh Fruit - Choice of Milk	25 - - English Muffin w/ Egg & Cheese - - Turkey Bacon - - Fresh Fruit - Choice of Milk
26 - - Cereal - Greek Yogurt - - Fruit Cocktail - Choice of Milk	27 - - Waffles - Syrup Butter Greek Yogurt Grapes - - Choice of Milk	28 - - French Toast Sticks - - Sugar Free Syrup - Fresh Fruit - - Choice of Milk	29 - - Pancakes - Bacon Butter Sugar Free Syrup - Fresh Fruit - Choice of Milk	30 - - English Muffin w/ Sausage Patty - - - Greek Yogurt - Grapes - Choice of Milk	31 - - Breakfast Casserole - - Yogurt - - Fresh Fruit - Choice of Milk	