

December 2021



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