

December 2021



Metz
CULINARY MANAGEMENT

Berryville, Richmond & Winchester Student Lunch, 500 Calorie

Lunch:
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, unsweetened 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 - Taco Salad - Black Beans & Rice - Grapes - Choice of Milk -	2 - Chicken Salad Scoop - Cole Slaw Carrot Sticks w/ Ranch - Fresh Fruit Choice of Milk -	3 - Meat Loaf - Mashed Potatoes Peas - Applesauce - Choice of Milk -	4 - Chicken Cheesesteak Bowl - Brown Rice Peppers & Onions Fresh Fruit - Choice of Milk -
5 - Fish Tacos - Southwest Cole Slaw Salsa Fresh Fruit - Choice of Milk -	6 - Baked Ham - Sweet Potato Casserole Green Beans - Choice of Milk -	7 - Italian Meatballs - Marinara Sauce - Fresh Fruit - Choice of Milk -	8 - Hot Dog - Succotash Carrot Sticks - Grapes - Choice of Milk -	9 - Southwest Chicken Salad - - - Fresh Fruit - Choice of Milk -	10 - Honey Garlic Chicken - Cauliflower Poppers Corn on the Cob - Choice of Milk -	11 - Korean Meatballs - Asian Veggies - Fresh Fruit - Choice of Milk -
12 - Salmon - Green Beans Wild Rice - Fresh Fruit - Choice of Milk -	13 - Cheeseburger on Lettuce Wrap - Corn - Fresh Fruit - Choice of Milk -	14 - Chili w/ Beans - Roasted Cauliflower Garden Salad - - Choice of Milk -	15 - Rubbed Chicken - Mashed Potatoes Green Beans Pears - Choice of Milk -	16 - Chicken Tacos - Salsa Red Beans & Rice Corn Fresh Fruit - Choice of Milk -	17 - Cobb Salad w/ Chicken Bacon & Egg - - - - Fresh Fruit - Choice of Milk -	18 - BBQ Chicken Breast - - Potato Wedges Peas & Carrots - Peaches - Choice of Milk -
19 - Salisbury Steak - - Broccoli Mashed Potatoes w/ Gravy Fresh Fruit - Choice of Milk -	20 - Meatballs - Marinara Sauce Roast Carrots Garlic Roasted Broccoli Fresh Fruit - Choice of Milk -	21 - Turkey Burger on Lettuce Wrap - - Collard Greens - Grapes - Choice of Milk -	22 - Carnitas - - Salsa Cheese Brown Rice - Choice of Milk -	23 - Chicken Caprese Salad - - - Fresh Fruit - Choice of Milk -	24 - Sautéed Beef - Brown Rice - - Garden Salad - Choice of Milk -	25 - White Chicken Chili - - Steak Fries - Fresh Fruit - Choice of Milk -
26 - Italian Sausage (no bun) - - Peppers & Onions - Fresh Fruit - Choice of Milk -	27 - Chicken w/ Alfredo Sauce - Corn on the cob Broccoli - Fresh Fruit - Choice of Milk -	28 - Pork BBQ (no bun) - - Baked Beans Peaches - - Choice of Milk -	29 - Hot Dog (no bun) - - Collard Greens Fresh Fruit - - Choice of Milk -	30 - Turkey Ranch Wrap - - Garlic Roasted Broccoli Fresh Fruit - Choice of Milk -	31 - Pork Tenderloin - - Baked Sweet Potato Butter - Warm Spiced Apples - Choice of Milk -	