

January

2021



Metz
CULINARY MANAGEMENT

Berryville & Richmond Breakfast

Breakfast

Clients may choose the main entree or cereal.

Alternative menus for special dietary needs are available.

Fresh fruit is available all day.

Fat free, and 1/2 milk are available.

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

Drew Landenburger, MS, CNS
Dietitian
540-955-2400 ext. 7244
andrew.c.landenburger@grafton.org

Tatiana Jordon
Kitchen Manager
(804) 674-8888 ext. 5133

Jasmine Curtis
Kitchen Manager, Berryville
(540) 955-2400 ext. 7210

Lucinda Windham, RD, GM
lucinda.a.windham@grafton.org
540-597-6336

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