

January 2021



**Metz**  
CULINARY MANAGEMENT

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:

**Drew Landenburger, MS, CNS**  
Dietitian  
540-955-2400 ext. 7244  
[andrew.c.landenburger@grafton.org](mailto:andrew.c.landenburger@grafton.org)

**Tatiana Jordan**  
Kitchen Manager, Richmond  
804-674-8888 ext 5133

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

**Lucinda Windham, RD, GM**  
[Lucinda.a.windham@grafton.org](mailto:Lucinda.a.windham@grafton.org)  
(540) 597-6336

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