

June

2022



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

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