

May

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