

July

2022



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%/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

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