

July

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