

July

2022



Berryville & Richmond 100 Calorie Snack Menu

Grafton

Snacks!

Clients may substitute any snacks for fresh fruit

2000 Calorie Plan Includes:

10:00 a.m. Snack (approx. 100 calories)

Afterschool Snack (approx. 100 Calories +

Fruit)

Evening Snack (approx. 100 Calories +

Milk)

Drew Landenburger, MS, CNS
Dietitian

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Richmond Kitchen
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Jasmine Curtis
Kitchen Manager Berryville
(540) 955-2400 ext. 7210

Lucinda Windham, RD, GM

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(540) 597-6336

Table with 7 columns (Sunday to Saturday) and 7 rows (Snacks 1-30). Each cell contains details for a 10:00 a.m. snack, an afterschool snack, and an evening snack.