

August

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