

August

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