

September 2022



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 - - Sausage Stuffed Pancake Dippers - Sugar Free Syrup Yogurt - Grapes - Choice of Milk	2 - - Western Omelette w/Cheese - Herbed Potatoes - Fresh Fruit - Choice of Milk	3 - - Cheesy Eggs - Toast - Fresh Fruit - Choice of Milk
4 - - Cereal - Greek Yogurt - - Fruit Cocktail - Choice of Milk	5 - - Pancakes - Syrup Butter Bacon - Fresh Fruit - Choice of Milk	6 - - French Toast Sticks - - Sugar Free Syrup - - Fresh Fruit - Choice of Milk	7 - - Huevos Rancheros w/ Chorizo Casserole - - Roast Potatoes - - Fresh Fruit - Choice of Milk	8 - - English Muffin w/ Sausage - - Greek Yogurt - Grapes - Choice of Milk	9 - - Waffles - Butter Sugar Free Syrup Greek Yogurt - Grapes - Choice of Milk	10 - - Ham & Egg Scramble - - Herbed Potatoes - Fresh Fruit - Choice of Milk
11 - - Cheesy Eggs - Toast - - Fresh Fruit - Choice of Milk	12 - - Creamed Chipped Beef - Toast - Grapes - Choice of Milk	13 - - Pancakes - - Sugar Free Syrup Butter - Fresh Fruit - Choice of Milk	14 - - Sausage Stuffed Pancake Dippers - - Sugar Free Syrup - - Fresh Fruit - Choice of Milk	15 - - Bagel Breakfast Pizza - - - Fresh Fruit - Choice of Milk	16 - - Banana Oat Baked French Toast - - - Fresh Fruit - Choice of Milk	17 - - Mini Maple Waffles - - Sugar Free Syrup Yogurt - Fresh Fruit - Choice of Milk
18 - - Cheesy Eggs - Bacon - - Fresh Fruit - Choice of Milk	19 - - Pancakes - Syrup Greek Yogurt - Grapes - Choice of Milk	20 - - Ham, Egg, & Cheese Scramble - - - Peaches - Choice of Milk	21 - - Waffles - - Butter Sugar Free Syrup Greek Yogurt Grapes - Choice of Milk	22 - - Cinamon Roll (no icing) - - Turkey Sausage Links - Fresh Fruit - Choice of Milk	23 - - Scrambled Eggs - - Turkey Sausage Patty - Fresh Fruit - Choice of Milk	24 - - Cheesy Eggs - - Bacon - Fresh Fruit - Choice of Milk
25 - - Turkey Sausage Patty - - Toast w/ Butter & Jelly - Grapes - Choice of Milk	26 - - Ham and Egg on Biscuit - - - Fresh Fruit - Choice of Milk	27 - - Breakfast Casserole - - - Toast w/ Butter - - Fresh Fruit - Choice of Milk	28 - - Cinnamon Swirl French Toast - - - Sugar Free Syrup Turkey Sausage Links - Fresh Fruit - Choice of Milk	29 - - Biscuits & Sausage Gravy - - - Fruit Cocktail - - Choice of Milk	30 - - Baked Chocolate Chip Pancakes - - Sugar Free Syrup - - Fresh Fruit - Choice of Milk	