

September 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
540-955-2400 ext. 7244
andrew.c.landenburger@grifton.org

Richmond Kitchen
(804) 674-8888 ext. 5133

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

Lucinda Windham, RD, GM
lucinda.a.windham@grifton.org
540-597-6336

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