

September 2022



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