

November 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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Craig Spoor
Kitchen Manager, Richmond
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Jasmine Curtis
Kitchen Manager, Berryville
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Lucinda Windham, RD, GM
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540-597-6336

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