

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