

November 2022



# Winchester 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 1/2 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@grafton.org](mailto:andrew.c.landenburger@grafton.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@grafton.org](mailto:lucinda.a.windham@grafton.org)  
540-597-6336

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

USDA is an equal opportunity provider and employer.  
Menu items are subject to change without notice.