

December 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 1/2% milk are available.

If you have special requests or concerns, please ask your server or see contact information below:

**Drew Landenburger, MS, CNS**  
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**Lucinda Windham, RD, GM**  
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540-597-6336

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 - Sausage & cheese Pancake Sandwich - Syrup - Peaches - Choice of Milk	2 - Waffles - Syrup & Butter Yogurt Fresh Fruit - Choice of Milk	3 - Cereal - Yogurt Fruit Juice - Fruit Cocktail - Choice of Milk
4 - Cinnamon Swirl French Toast - Syrup Yogurt - Fresh Fruit - Choice of Milk	5 - Creamed Chipped Beef - Toast Grapes Fruit Juice - Choice of Milk	6 - Lemon Blueberry Bar - Yogurt - Peaches - Choice of Milk	7 - Sausage Filled Pancake Dippers - Syrup Yogurt Fresh Fruit - Choice of Milk	8 - Breakfast Pizza Bagel - - - Fresh Fruit - Choice of Milk	9 - Banana Oat French Toast Casserole - Syrup Scrambled Eggs - Fresh Fruit - Choice of Milk	10 - Mini Maple Waffles - Syrup Yogurt - Fruit Cocktail - Choice of Milk
11 - Bacon & Scrambled Eggs - Toast w/ Jelly - Fresh Fruit - Choice of Milk	12 - Pancakes - Syrup & Butter - Yogurt Fresh Fruit - Choice of Milk	13 - Ham Egg & Cheese Bagel Sandwich - - - Peaches - Choice of Milk	14 - Waffles - Butter & Syrup Yogurt - Fruit Cocktail - Choice of Milk	15 - Cinnamon Roll - Fruit and Yogurt Parfait w/ Granola Turkey Sausage Links - Fresh Fruit - Choice of Milk	16 - Scrambled Eggs - Turkey Sausage Patty Hashbrown Patty - Fresh Fruit - Choice of Milk	17 - Oatmeal w/ Brown Sugar - Chessy Eggs - Fresh Fruit - Choice of Milk
18 - Sausage Patty & Jelly on Croissant - - Grapes - Fruit Juice - Choice of Milk	19 - Bacon Egg and Cheese on Biscuit - - - Fresh Fruit - Choice of Milk	20 - Sausage and Cheese Breakfast Casserole - - Toast Jelly - Fresh Fruit - Choice of Milk	21 - Cinnamon Swirl French Toast - - Syrup Yogurt - Fresh Fruit - Choice of Milk	22 - Biscuit and Sausage Gravy - - - Fresh Fruit - Choice of Milk	23 - Baked Chocolate Chip Pancake - - Syrup Yogurt - Fresh Fruit - Choice of Milk	24 - - Bagel w/ Cream Cheese - - Canadian bacon Yogurt - Fresh Fruit - Choice of Milk
25 - Mini Maple Waffles w/ Cookie Butter - - - Tropical Fruit Salad - Choice of Milk	26 - Pumpkin Mousse & Greek Yogurt Parfait - - Granola - Peaches - Choice of Milk	27 - Pancake Stuffed Sausage Dippers - - Syrup Yogurt - Grapes - Choice of Milk	28 - Ham & Egg Scramble - - Biscuit - - Fresh Fruit - Choice of Milk	29 - French toast Sticks - - Syrup Turkey Sausage Links Peaches - Fruit Juice - Choice of Milk	30 - Bacon, Egg, and Cheese Burrito - - Roast Potatoes Sour Cream Salsa Fresh Fruit - Choice of Milk	31 - - Western Omelette w/ cheese - - Hasbrown Coins Toast Butter Fresh Fruit - Choice of Milk