

December 2022



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 - - Sausage & Egg Pancake Sandwich - - Grapes - - Choice of Milk	2 - - Waffles - Butter Sugar Free Syrup Greek Yogurt - Grapes - Choice of Milk	3 - - Cereal - Greek Yogurt - - Fruit Cocktail - Choice of Milk
4 - - Cheesy Eggs - Toast - - Fresh Fruit - Choice of Milk	5 - - Creamed Chipped Beef - Toast - Grapes - - Choice of Milk	6 - - Pancakes - - Sugar Free Syrup Butter - Fresh Fruit - Choice of Milk	7 - - Sausage Stuffed Pancake Dippers - - Sugar Free Syrup - Fresh Fruit - Choice of Milk	8 - - Bagel Breakfast Pizza - - Fresh Fruit - - Choice of Milk	9 - - Banana Oat Baked French Toast - - Sugar Free Syrup - Fresh Fruit - Choice of Milk	10 - - Mini Maple Waffles - - Sugar Free Syrup Yogurt - Fresh Fruit - Choice of Milk
11 - - Cheesy Eggs - Bacon - - Fresh Fruit - Choice of Milk	12 - - Pancakes - Syrup - Greek Yoqurt - Grapes - Choice of Milk	13 - - Ham, Egg, & Cheese Scramble - - - - Peaches - Choice of Milk	14 - - Waffles - - Butter Sugar Free Syrup Greek Yogurt Grapes - Choice of Milk	15 - - Cinamon Roll (no icing) - - Turkey Sausage Links - Fresh Fruit - Choice of Milk	16 - - Scrambled Eggs - - Turkey Sausage Patty - Fresh Fruit - Choice of Milk	17 - - Cheesy Eggs - Bacon - - Fresh Fruit - Choice of Milk
18 - - Turkey Sausage Patty - Toast w/ Butter & Jelly - Grapes - Choice of Milk	19 - - Ham and Egg on Biscuit - - - Fresh Fruit - - Choice of Milk	20 - - Ham and Cheese Breakfast Casserole - - Toast - Fresh Fruit - - Choice of Milk	21 - - Cinnamon Swirl French Toast - - Sugar Free Syrup Turkey Sausage Links - Fresh Fruit - Choice of Milk	22 - - Biscuit & Sausage Gravy - - - Fresh Fruit - - Choice of Milk	23 - - Baked Chocolate Chip Pancake - - Sugar Free Syrup - Fresh Fruit - Choice of Milk	24 - - Cheesy Eggs - - Toast w/ Jelly - 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 - Grapes - Choice of Milk	27 - - Sausage Stuffed Pancake Dippers - - Sugar Free Syrup Yogurt - Grapes - Choice of Milk	28 - - Ham & Egg Scramble - - Roasted Potatoes - Fresh Fruit - Choice of Milk	29 - - French Toast Sticks - - Maple Syrup - Fresh Fruit - Choice of Milk	30 - - Scrambled Eggs - Bacon - Roasted Potatoes - Fresh Fruit - Choice of Milk	31 - - Western Omelette w/ Cheese - - Roasted Potatoes - Fresh Fruit - Choice of Milk