

December 2022



Winchester 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 Stuffed Pancake Dippers - Sugar Free Syrup Yogurt - Grapes - Choice of Milk	2 - - Ham & Egg Scramble - 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 - - - Mini Maple Waffles w/ Cookie Butter - - - Tropical Fruit Salad - - 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 - - Roast Potatoes - - Fresh Fruit - Choice of Milk	31 - - - French Toast Sticks - - Syrup - - Fresh Fruit - Choice of Milk