

May

2023



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

Drew Landenburger, MS, CNS
Dietitian
540-955-2400 ext. 7244
andrew.c.landenburger@grafton.org

Craig Spoor
Kitchen Manager Richmond
804-674-8888 ext 5133

James DeGaetano
Kitchen Manager, Berryville
540-955-2400 ext. 7210

Lucinda Windham, RD, GM
lucinda.a.windham@grafton.org
(540) 597-6336

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 - - Pancakes - Syrup - Greek Yogurt - Grapes - Choice of Milk	2 - - Breakfast Pizza Bagel - - - - Fresh Fruit - Choice of Milk	3 - - Waffles - Butter Sugar Free Syrup Greek Yogurt - Grapes - Choice of Milk	4 - - Cinamon Roll (no icing) - Turkey Sausage Links - Fresh Fruit - Choice of Milk	5 - - Scrambled Eggs - - Turkey Sausage Patty - - Fresh Fruit - Choice of Milk	6 - - Cheesy Eggs - - Bacon - - Fresh Fruit - Choice of Milk
7 - - Turkey Sausage Patty - - Toast w/ Butter & Jelly - Grapes - Choice of Milk	8 - - Ham and Egg on Biscuit - - - - Fresh Fruit - Choice of Milk	9 - - Ham and Cheese Breakfast Casserole - - - Toast - Fresh Fruit - Choice of Milk	10 - - Cinnamon Swirl French Toast - - Sugar Free Syrup Turkey Sausage Links - - Fresh Fruit - Choice of Milk	11 - - Biscuit & Sausage Gravy - - - - Fresh Fruit - Choice of Milk	12 - - Baked Chocolate Chip Pancake - - - Sugar Free Syrup - Fresh Fruit - Choice of Milk	13 - - Cheesy Eggs - - - Toast w/ Jelly - Fresh Fruit - Choice of Milk
14 - - Triple Berry French Toast Mini - - Sugar Free Syrup - Peaches - Choice of Milk	15 - - Western Omelette w/ Cheese - - Roast Potatoes - - Fresh Fruit - Choice of Milk	16 - - Sausage Stuffed Pancake Dippers - - Sugar Free Syrup Yogurt - Grapes - Choice of Milk	17 - - Ham & Egg Scramble - - Roast Potatoes - - Fresh Fruit - Choice of Milk	18 - - French Toast Sticks - - - Syrup - - Fresh Fruit - Choice of Milk	19 - - Scrambled Eggs - - - Bacon Roast Potatoes - Fresh Fruit - Choice of Milk	20 - - Strawberry & Greek Yogurt Parfait - - Granola - Peaches - Choice of Milk
21 - Cereal - Greek Yogurt - - Fruit Cocktail - - Choice of Milk	22 - Sausage & egg Pancake Sandwich - - - Grapes - - Choice of Milk	23 - Waffles - - Sugar Free Syrup Butter Greek Yogurt Grapes - - Choice of Milk	24 - Creamed Chipped Beef - - - Toast - Grapes - - Choice of Milk	25 - Pancakes - - Sugar Free Syrup Butter - - Fresh Fruit - Choice of Milk	26 - Scrambled Eggs - - Turkey Sausage Patty - - - Fresh Fruit - Choice of Milk	27 - Sausage Stuffed Pancake Dippers - - Sugar Free Syrup - - Fresh Fruit - Choice of Milk
28 - Ham, Egg, & Cheese Scramble - - - - Peaches - - Choice of Milk	29 - Mini Maple Egg Waffles - - Sugar Free Syrup Yogurt - - Fresh Fruit - Choice of Milk	30 - Cheesy Eggs - - Bacon - - Fresh Fruit - - Choice of Milk	31 - Banana French Toast Casserole - - - Sugar Free Syrup - Fresh Fruit - Choice of Milk			