

September 2023



Breakfast

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Clients may choose the main entree or cereal.

Alternative menus for special dietary needs are available.

Fresh fruit is available all day.

Milk, chocolate milk and fruit juice 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@grifton.org

Craig Spoor
Richmond Kitchen
(804) 674-8888 ext. 5133

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

Lucinda Windham, RD, GM
lucinda.a.windham@grifton.org
540-597-6336

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