

September 2023



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 1/2 pint 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 information below:

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