

September 2023



Lunch

Lunch:

Clients may choose between the main entree, a Peanut Butter and Jelly Sandwich, or a Deli Sandwich.

Alternative menus for special dietary needs are available

Fat free, 1% and Chocolate milk 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
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@grifton.org
540-597-6336

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Fish Sticks Mac & Cheese Cole Slaw Applesauce Choice of Milk	2 Spaghetti & Meatballs Garlic Knott Italian Veggies Fresh Fruit Choice of Milk
3 Chicken Tenders French Fries Roll Applesauce Choice of Milk	4 Cheeseburger Hot Dog Lettuce, Tomato, Pickle Bow Tie Pasta Salad Corn on the Cob Strawberry Ice Box Cake Choice of Milk	5 Beef Tacos Spanish Rice Salsa Fire Roasted Corn Cheese Shredded lettuce Sour Cream Fresh Fruit Choice of Milk	6 Lasagna Italian Veggies Garlic Bread Applesauce Choice of Milk	7 Cheeseburger Lettuce, Tomato Pickle Slices Parmesan Roasted Broccoli Tater Tots Fresh Fruit Choice of Milk	8 Chicken Nuggets Mac & Cheese Green Beans French Fries Sliced Pears Choice of Milk	9 Chicken Nachos Salsa Sour Cream Fire Roasted Corn & Peppers Churro Fresh Fruit Choice of Milk
10 Pepperoni Pizza Caesar Salad Baby Carrots w/ Ranch Jello Fresh Fruit Choice of Milk	11 Cheeseburger Tater Tot Bowl Cauliflower Papaya Mango Fruit Cup Choice of Milk	12 Southern Dip Fried Chicken Sandwich w/ Country Gravy on side for dipping Seasoned Green Beans Fresh Fruit Choice of Milk	13 Spaghetti & Meatsauce Parmesan Cheese Garlic Bread Roast Zucchini Applesauce Choice of Milk	14 Chicken Tenders Buttered Noodles Sweet Potato Fries Applesauce Choice of Milk	15 Hot Dog Baked Beans French Fries Applesauce Cherry Crumb Bar Choice of Milk	16 Chicken Patty Sandwich Corn & Green Bean Casserole Bowtie Pasta Salad Fresh Fruit Choice of Milk
17 Meatball Sub Marinara sauce Steak Fries Garden Salad Mandarin Oranges Choice of Milk	18 BBQ Chicken Breast Creamy Macaroni Salad Corn on the Cob Sliced Pears Choice of Milk	19 Chicken Nuggets Mac & Cheese Peas Applesauce Fresh Fruit Choice of Milk	20 Fried Chicken Biscuit Succotash Watermelon Choice of Milk	21 Corn Dog French Fries Cali Blend Veggies Jello Peaches Choice of Milk	22 Grilled Cheese Sandwich Tomato Soup (BV Only) Broccoli Salad (Winc & Rich Only) Potato Wedges Applesauce Choice of Milk	23 General Tso's Chicken White Rice Broccoli Fresh Fruit Double Chocolate Cookie Choice of Milk
24 Cheeseburger Lettuce, Tomato, Pickle Slices French Fries Watermelon Choice of Milk	25 Chicken Nuggets Buttered Noodles Green Beans Fresh Fruit Choice of Milk	26 Chili Cheese Dog Baked Beans Potato Wedges Applesauce Hawaiian Mochi Cake Choice of Milk	27 Chicken Parmesan Pasta Garlic Roasted Broccoli Fresh Fruit Choice of Milk	28 Steak & Cheese Sub Peppers & Onions Onion Rings Applesauce Choice of Milk	29 Cheese Pizza Carrot and Rasin Salad Tropical Fruit Cup Choice of Milk	30 Ravioli w/ Spaghetti Sauce Italian Veggies Garlic Bread Applesauce Choice of Milk