

September 2023



Lunch, 500 Calorie

Lunch:

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, unsweetened tea, or other zero calorie beverages are recommended.

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 Creamy Coleslaw Succotash Applesauce Choice of Milk	2 Meat Balls in Spaghetti Sauce Italian Veggies Fresh Fruit Choice of Milk
3 Chicken Tenders French Fries Applesauce Choice of Milk	4 Hamburger OR Hotdog (with bun) Lettuce, Tomato, Pickle Corn on the Cob Fresh Fruit Choice of Milk	5 Taco Salad Salsa Sour Cream Applesauce Choice of Milk	6 Lasagna Italian Vegetables Fresh Fruit Choice of Milk	7 Hamburger (no bun) Lettuce & Tomato Corn on the Cob Watermelon Choice of Milk	8 Grilled Chicken Breast Green Beans Mashed Potatoes Fresh Fruit Choice of Milk	9 Chicken Nachos Seasoned Diced Chicken over Tortilla chips w/ Salsa, Sour Cream & Cheese Applesauce Choice of Milk
10 Turkey Burger (no bun) Caesar Salad Choice of Milk	11 Cheeseburger (no bun) Garlic Roasted Broccoli Fresh Fruit Choice of Milk	12 Chicken Breast w/ Country Gravy Green Beans Applesauce Choice of Milk	13 Spaghetti & Meat Sauce Roast Zucchini Applesauce Choice of Milk	14 Herbed Chicken Breast Sweet Potato Fries Applesauce Choice of Milk	15 Hot Dog (no bun) Baked Beans Steamed Broccoli Choice of Milk	16 Grilled Chicken Sandwich Corn Green Beans Fresh Fruit Choice of Milk
17 Meatballs in Spaghetti Sauce Garden Salad Mandarin Oranges Choice of Milk	18 BBQ Chicken Breast Garden Salad Corn on the Cob Macaroni Salad Pears Choice of Milk	19 Italian Sausage (no bun) Peppers & Onions Fresh Fruit Choice of Milk	20 Open Faced Grilled Chicken BLT (1 slice of bread) Succotash Fresh Fruit Choice of Milk	21 Hot Dog (no bun) Cali Blend Veggies French Fries Fresh Fruit Choice of Milk	22 1/2 Grilled Cheese Sandwich Tomato Soup Steamed Broccoli Fresh Fruit Choice of Milk	23 Honey Garlic Chicken Steamed Broccoli Brown Rice Choice of Milk
24 Cheeseburger (no bun) Lettuce & Tomato Pickle Slices Watermelon Choice of Milk	25 BBQ Chicken Breast Green Beans Fresh Fruit Choice of Milk	26 Chili w/ Beans Peas & Carrots Choice of Milk	27 Chicken Parmesan (Grilled Chicken Breast) Marinara Sauce Mozzarella Cheese Garlic Roast Broccoli Choice of Milk	28 Steak & Cheese Bowl Peppers & Onions Applesauce Choice of Milk	29 Cheese Pizza Carrot Raisin Salad Tropical Fruit Cup Choice of Milk	30 Cheese Ravioli Spaghetti Sauce Fresh Fruit Choice of Milk