

January 2024



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
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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	2	3	4	5	6
	Chicken Nuggets Buttered Noodles Green Beans Fresh Fruit Choice of Milk	Chili Cheese Dog Smokey BBQ Beans Potato Wedges Applesauce Choice of Milk	Chicken Parmesan Pasta Garlic Roasted Broccoli Fresh Fruit Choice of Milk	Spaghetti & Meat Balls w/ Spaghetti Sauce Garlic Knot Italian Veggies Fresh Fruit Choice of Milk	Cheese Pizza Carrot and Rasin Salad Tropical Fruit Cup Pineapple Upside Down Cake Choice of Milk	Ravioli w/ Spaghetti Sauce Italian Veggies Garlic Bread Applesauce Choice of Milk
7	8	9	10	11	12	13
Grilled Chicken BLT Potato Salad Pineapple Choice of Milk	Chicken, Mashed Potato & Gravy Bowl Corn Warm Spiced Apples Choice of Milk	Corn Dog Bites w/ Cheese Sauce French Fries Peas & Carrots Applesauce Chocolate Brownie Choice of Milk	Chicken & Waffle Sandwich Zesty Country Green Beans Pears Choice of Milk	Cheeseburger Lettuce, Tomato Pickle Slices Potato Wedges Corn on the Cob Fresh Fruit Choice of Milk	Fish Sticks Mac & Cheese Coleslaw Applesauce Choice of Milk	Steak & Cheese Sub Peppers & Onions Onion Rings Applesauce Choice of Milk
14	15	16	17	18	19	20
Chicken Tenders French Fries Roll Applesauce Iced White Cake Choice of Milk	Boneless Wings w/ Choice of Sauce (BBQ, Honey Mustard, Buffalo) Celery w/ Ranch Smokey BBQ Beans Fresh Fruit Choice of Milk	Beef Tacos Spanish Rice Salsa Fire Roasted Corn Cheese Shredded lettuce Fresh Fruit Choice of Milk	Lasagna Italian Veggies Applesauce Choice of Milk	Cheeseburger Lettuce, Tomato Pickle Slices Parmesan Roasted Broccoli Tater Tots Fresh Fruit Choice of Milk	Chicken Nuggets Mac & Cheese Green Beans French Fries Sliced Pears Choice of Milk	Chicken Nachos Salsa Sour Cream Fire Roasted Corn & Peppers Churro Fresh Fruit Choice of Milk
21	22	23	24	25	26	27
Pepperoni Pizza Caesar Salad Baby Carrots Jello Fresh Fruit Choice of Milk	Smokey Chili Con Carne Cornbread Roast Cauliflower Papaya Mango Fruit Cup Choice of Milk	Southern Dip Fried Chicken Sandwich w/ Country Gravy on side for dipping Seasoned Green Beans Fresh Fruit Choice of Milk	Spaghetti & Meatsauce Parmesan Cheese Garlic Bread Roast Zucchini Applesauce Choice of Milk	Chicken Tenders Buttered Noodles Carrots The Good Way Applesauce Choice of Milk	Hot Dog Baked Beans French Fries Applesauce Cheesecake Bars Choice of Milk	Chicken Patty Sandwich Corn & Green Bean Casserole Buttered Noodles Fresh Fruit Choice of Milk
28	29	30	31			
Meatball Sub Marinara sauce Steak Fries Garden Salad Mandarin Oranges Choice of Milk	BBQ Chicken Breast Scalloped Potatoes Corn on the Cob Sliced Pears Choice of Milk	Chicken Nuggets Mac & Cheese Peas Applesauce Fresh Fruit Choice of Milk	Fried Chicken Biscuit Succotash Peaches Choice of Milk			