

March

2024



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:

Drew Landenburger, MS, CNS
Dietitian
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Richmond Kitchen
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James DeGaetano
Kitchen Manager, Berryville
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Lucinda Windham, RD, GM
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Sunday 31-Mar	Monday	Tuesday	Wednesday	Thursday	Friday 1	Saturday 2
Apple Cinnamon Crumb Muffin Greek Yogurt Fruit Cocktail Choice of Milk					Scrambled Eggs Bacon Roast Potatoes Fresh Fruit Choice of Milk	Strawberry & Greek Yogurt Parfait Granola Peaches Choice of Milk
3 Apple Cinnamon Crumb Muffin Greek Yogurt Fruit Cocktail Choice of Milk	4 Sausage & egg Pancake Sandwich Grapes Choice of Milk	5 French Toast Sticks Syrup Fresh Fruit Choice of Milk	6 Creamed Chipped Beef Toast Grapes Choice of Milk	7 Blueberry Breakfast Bar Yogurt Fresh Fruit Choice of Milk	8 Ham & Egg Scramble Roast Potatoes Fresh Fruit Choice of Milk	9 Mini Maple Eggo Waffles Sugar Free Syrup Yogurt Fresh Fruit Choice of Milk
10 Cinnamon Swirl French Toast Sugar Free Syrup Turkey Sausage Links Fresh Fruit Choice of Milk	11 Ham and Egg on Biscuit Fresh Fruit Choice of Milk	12 Bagel Breakfast Pizza Fresh Fruit Choice of Milk	13 Sausage Stuffed Pancake Dippers Sugar Free Syrup Yogurt Grapes Choice of Milk	14 Berry Tasty French Toast Casserole Fresh Fruit Choice of Milk	15 Scrambled Eggs Turkey Sausage Patty Fresh Fruit Choice of Milk	16 Cinnamon Roll (no icing) Turkey Sausage Links Fresh Fruit Choice of Milk
17 Turkey Sausage Patty Toast w/ Butter & Jelly Grapes Choice of Milk	18 Pancakes Syrup and Butter Peaches Choice of Milk	19 Bacon and Cheese Breakfast Casserole Toast Fresh Fruit Choice of Milk	20 Ham, Egg, & Cheese Scramble Peaches Choice of Milk	21 Biscuit & Sausage Gravy Fresh Fruit Choice of Milk	22 Waffles Sugar Free Syrup Butter Turkey Canadian Bacon Grapes Choice of Milk	23 Cheesy Eggs Toast w/ Jelly Fresh Fruit Choice of Milk
24 Triple Berry French Toast Mini Sugar Free Syrup Peaches Choice of Milk	25 Cheese Omelette Roast Potatoes Fresh Fruit Choice of Milk	26 Waffles Butter & Syrup Greek Yogurt Grapes Choice of Milk	27 Scrambled Eggs Turkey Sausage Patty Fresh Fruit Choice of Milk	28 Baked Chocolate Chip Pancake Sugar Free Syrup Fresh Fruit Choice of Milk	29 Scrambled Eggs Bacon Roast Potatoes Fresh Fruit Choice of Milk	30 Strawberry & Greek Yogurt Parfait Granola Peaches Choice of Milk