

March

2024



Metz
CULINARY MANAGEMENT

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
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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
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(540) 597-6336

Sunday
31-Mar

Glazed Ham
Scalloped Potatoes
Roast Asparagus

Fresh Fruit
Choice of Milk

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

Hot Dog
(no bun)

Baked Beans
Steamed Broccoli

Choice of Milk

2

Grilled Chicken
Sandwich

Corn
Green Beans

Fresh Fruit
Choice of Milk

3

Meatballs in
Spaghetti Sauce

Garden Salad

Mandarin Oranges
Choice of Milk

4

BBQ Chicken Breast

Garden Salad

Scalloped Potatoes

Pears
Choice of Milk

5

Steak & Cheese
Bowl

Peppers & Onions

Fresh Fruit
Choice of Milk

6

Open Faced Grilled
Chicken BLT
(1 slice of bread)

Succotash

Fresh Fruit
Choice of Milk

7

Hot Dog
(no bun)

Cali Blend Veggies
French Fries

Fresh Fruit
Fresh Fruit
Choice of Milk

8

1/2 Grilled Cheese
Sandwich

Tomato Soup
Steamed Broccoli

Fresh Fruit
Choice of Milk

9

Honey Garlic Chicken

Steamed Broccoli
Brown Rice

Choice of Milk

10

Cheeseburger
(no bun)

Lettuce & Tomato
Pickle Slices

Fresh Fruit
Choice of Milk

11

BBQ Chicken Breast

Green Beans

Fresh Fruit
Choice of Milk

12

Chili w/ Beans

Peas & Carrots

Choice of Milk

13

Chicken Parmesan
(Grilled Chicken
Breast)

Marinara Sauce
Mozzarella Cheese
Garlic Roast Broccoli
Choice of Milk

14

Meat Balls w/
Marinara Sauce

Italian Veggies

Fresh Fruit
Choice of Milk

15

Cheese Pizza

Cucumber Tomato
Salad
Tropical Fruit Cup
Choice of Milk

16

Cheese Ravioli
Spaghetti Sauce

Fresh Fruit
Choice of Milk

17

Bangers &
w/ Gravy

Peas

Applesauce
Choice of Milk

18

Chicken Mashed Potato
& Gravy Bowl
(diced chicken)

Fresh Fruit
Choice of Milk

19

Hot Dog
(no bun)

French Fries
Peas & Carrots

Applesauce
Choice of Milk

20

Chicken Patty
Sandwich

Zesty Country
Green Beans
Choice of Milk

21

Hamburger

Potato Wedges

Fresh Fruit
Choice of Milk

22

Fish Sticks

Cole Slaw

Applesauce
Choice of Milk

23

Steak & Cheese
Bowl

Peppers & Onions

Applesauce
Choice of Milk

24

Chicken Tenders

French Fries

Applesauce
Choice of Milk

25

Boneless Wings w/
Choice of Sauce
(BBQ or Buffalo)

Celery w/ Ranch

Fresh Fruit
Choice of Milk

26

Taco Salad

Salsa
Sour Cream

Applesauce
Choice of Milk

27

Lasagna

Italian Vegetables

Fresh Fruit
Choice of Milk

28

Hamburger
(no bun)

Lettuce & Tomato
Corn on the Cob

Fresh Fruit

29

Grilled Chicken
Breast

Green Beans
Mashed Potatoes

Fresh Fruit

30

Chicken Nachos
Seasoned Diced Chicken
over Tortilla chips w/
Salsa, Sour Cream &
Cheese
Applesauce