

April

2024



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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Richmond Kitchen
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James DeGaetano
Kitchen Manager, Berryville
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Lucinda Windham, RD, GM
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(540) 597-6336

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Korean Beef Tacos Asian Carrot & Pepper Slaw White Rice Sliced Pears Choice of Milk	2 Dry Rubbed BBQ Chicken Corn on the Cob Potato Salad Fresh Fruit Choice of Milk	3 Spaghetti & Meat Sauce Roast Zucchini Applesauce Choice of Milk	4 Herbed Chicken Breast Caprese Pasta Salad Applesauce Choice of Milk	5 Hot Dog (no bun) Baked Beans Steamed Broccoli Choice of Milk	6 Grilled Chicken Sandwich Corn Green Beans Fresh Fruit Choice of Milk
7 Meatballs in Spaghetti Sauce Garden Salad Mandarin Oranges Choice of Milk	8 Butter chicken Seasoned Green Beans White Rice Naan Bread Papaya Mango Choice of Milk	9 Cheese Ravioli Spaghetti Sauce Fresh Fruit Choice of Milk	10 Open Faced Grilled Chicken BLT (1 slice of bread) Succotash Fresh Fruit Choice of Milk	11 Hot Dog (no bun) Cali Blend Veggies French Fries Fresh Fruit Choice of Milk	12 1/2 Grilled Cheese Sandwich Tomato Soup Steamed Broccoli Fresh Fruit Choice of Milk	13 Honey Garlic Chicken Steamed Broccoli Brown Rice Choice of Milk
14 Cheeseburger (no bun) Lettuce & Tomato Pickle Slices Fresh Fruit Choice of Milk	15 BBQ Chicken Breast Green Beans Fresh Fruit Choice of Milk	16 Chili w/ Beans Peas & Carrots Choice of Milk	17 Grilled Chicken BLT Potato Salad Pineapple Choice of Milk	18 Steak & Cheese Bowl Peppers & Onions Fresh Fruit Choice of Milk	19 Cheese Pizza Cucumber Tomato Salad Tropical Fruit Cup Choice of Milk	20 Meatballs w/ Marinara Sauce Italian Vegetables Fresh Fruit Choice of Milk
21 Chicken Parmesan (grilled chicken breast) Marinara Sauce Mozzarella Cheese Garlic Roast Broccoli Choice of Milk	22 Chicken Mashed Potato & Gravy Bowl (diced chicken) Fresh Fruit Choice of Milk	23 Hot Dog (no bun) French Fries Peas & Carrots Applesauce Choice of Milk	24 Chicken Patty Sandwich Zesty Country Green Beans Choice of Milk	25 Hamburger Sidewinder Fries Fresh Fruit Choice of Milk	26 Fish Sticks Cole Slaw Applesauce Choice of Milk	27 Steak & Cheese Bowl Peppers & Onions Applesauce Choice of Milk
28 Chicken Tenders French Fries Applesauce Choice of Milk	29 Boneless Wings w/ Choice of Sauce (BBQ or Buffalo) Celery w/ Ranch Fresh Fruit Choice of Milk	30 Taco Salad Salsa Sour Cream Applesauce Choice of Milk				