## Dinner:

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 beverage of choice, 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@grafton.org

## Richmond Kichen

 (804) 674-8888 ext. 5133James DeGaetano Kitchen Manager, Berryville (540) 955-2400 ext. 7210

Lucinda Windham, RD, GM lucinda.a.windham@grafton.org (540) 597-6336


| 9 |
| :---: |
| BBQ Rib Patty <br> (no bun) |
| Coleslaw |
| Peaches <br> Choice of Milk |
| 16 |

 (no bun)
Lettuce \& Tomato French Fries

18
Hawaiian Pizza
Garden Salad
Choice of Milk
$\mathbf{2 5}$
Herbed Chicken
Breast
Roasted Root Vegqies
Lemony Green
Beans \& Peas
Fresh Fruit
Choice of Milk

| $\mathbf{2 7}$ |
| :---: |
| Cheeseburger <br> (no bun) <br> Smashed Broccoli <br> Applesauce <br> Choice of Milk |
| $\mathbf{2 8}$ <br> Herbed Chicken <br> Breast <br> Southern Collards <br> Biscuit <br> Pears <br> Choice of Milk |


| 29 |
| :---: |
| Loaded Pizza Fries |
| Steak Fries |
| Pizza Sauce |
| Mozzerella |
| Pepperoni |
| Sausage |
| - |
| Choice of Milk |

30
BBQ Chicken
Burrito Bowl
Rice
Beans
Corn
Shredded Cheese
Green Onions
Fresh Fruit
Choice of Milk

