

October 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:

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