

October

2024



Metz
CULINARY MANAGEMENT

BV & Winchester Lunch

Lunch:

Clients may choose between the main entree, a Peanut Butter and Jelly Sandwich, or a Deli Sandwich.

Alternative menus for special dietary needs are available

Fat free, 1% and Chocolate milk are available

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@grifton.org

Keaton Contini
Kitchen Manager, Richmond
(804) 674-8888 ext. 5133

James DeGaetano
Kitchen Manager, Berryville
(540) 955-2400 ext. 7210

Lucinda Windham, RD, GM
lucinda.a.windham@grifton.org
540-597-6336

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Ravioli w/ Spaghetti Sauce Italian Veggies Garlic Bread Cinnamon Sugar Apple Cake Choice of Milk	2 Fried Chicken Biscuit Corn on the Cob Warm Spiced Apples Choice of Milk	3 Corn Dog Onion rings Cali Blend Veggies Jello Peaches Choice of Milk	4 Beef Stew Cauliflower Casserole Cornbread Applesauce Choice of Milk	5 General Tso's Chicken Lo Mein Noodles Broccoli Fresh Fruit Choice of Milk
6 Cheeseburger Lettuce, Tomato, Pickle Slices French Fries Fruit Cocktail Choice of Milk	7 Beef Burrito Cilantro Lime Rice Corn Salsa Fresh Fruit Choice of Milk	8 Chili Cheese Dog Smoky BBQ Beans Potato Wedges White Cake w/ Buttercream Icing Choice of Milk	9 Chicken & Dumplings Seasoned Green Beans Fresh Fruit Choice of Milk	10 Steak and Cheese Sub Peppers & Onions French Fries Applesauce Choice of Milk	11 Cheese Pizza Cucumber Tomato Salad Tropical Fruit Cup Choice of Milk	12 Spaghetti & Meat Balls w/ Spaghetti Sauce Garlic Knot Italian Veggies Fresh Fruit Choice of Milk
13 Chicken Tenders French Fries Roll Applesauce Choice of Milk	14 Chicken Mashed Potato & Gravy Bowl Corn Butter Roll Peaches Choice of Milk	15 Corn Dog Bites w/ Cheese Sauce Onion Rings Peas & Carrots Applesauce Choice of Milk	16 Grilled Cheese Sandwich Tomato Soup Smashed Broccoli Pears Choice of Milk	17 Cheeseburger Lettuce, Tomato Pickle Slices Sidewinder Fries Corn on the Cob Fresh Fruit Choice of Milk	18 Fish Wing Street Tacos Street Eats! Rainbow Slaw Cheese, Salsa, Old Bay Sauce Churro Choice of Milk	19 Beef & Cheese Quesadilla Salsa Sour Cream Red Beans & Rice Applesauce Choice of Milk
20 Chicken Parmesan Pasta w/ Marinara Garlic Roasted Broccoli Fresh Fruit Choice of Milk	21 Boneless Wings w/ Choice of Sauce (BBQ, Honey Mustard, Buffalo) Celery w/ Ranch Smoky BBQ Beans Fresh Fruit Choice of Milk	22 Beef Tacos White Rice Salsa Fire Roasted Corn Cheese Shredded lettuce Fresh Fruit Choice of Milk	23 Lasagna Italian Veggies Garlic Bread Applesauce Choice of Milk	24 Cheeseburger Lettuce, Tomato Pickle Slices Parmesan Roasted Broccoli Tater Tots Fresh Fruit Choice of Milk	25 Pepperoni Pizza Caesar Salad Baby Carrots w/ Ranch Jello Pumpkin Dump Cake Choice of Milk	26 Chicken Nachos Salsa Sour Cream Fire Roasted Corn & Peppers Fresh Fruit Choice of Milk
27 Chicken Nuggets Mac & Cheese Green Beans French Fries Applesauce Choice of Milk	28 Korean Beef Tacos Asian Carrot & Pepper Slaw Rice Sliced Pears Choice of Milk	29 Dry Rubbed BBQ Chicken Corn Casserole Butter Roll Pineapple Choice of Milk	30 Spaghetti & Meatsauce Parmesan Cheese Parm Roasted Zucchini Mozzarella Stuffed Breadstick Applesauce Choice of Milk	31 Spooky Fingers (Chicken Fingers) Buttered Brains (Spaghetti) Wiches Brew Stew (Broccoli & Cheese Soup) Rice Creepy Treat Choice of Milk		