

November 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@grafton.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@grafton.org
540-597-6336

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Hot Dog Baked Beans Sidewinder Fries Rainbow Slaw w/ Lemon Dressing Applesauce Choice of Milk	2 Chicken Patty Sandwich Corn & Green Bean Casserole Mixed Fruit Salad Choice of Milk
3 Meatball Sub Marinara Sauce Steak Fries Garden Salad Mandarin Oranges Choice of Milk	4 Butter Chicken Seasoned Green Beans White Rice Naan Bread Papaya Mango Fruit Cup Choice of Milk	5 Ravioli w/ Spaghetti Sauce Italian Veggies Garlic Bread Applesauce Choice of Milk	6 Fried Chicken Biscuit Corn on the Cob Salted Caramel Apple Cake Choice of Milk	7 Chili Con Corn Dog Street Eats! French Fries Cali Blend Veggies Peaches Choice of Milk	8 Beef Stew Cauliflower Casserole Cornbread Applesauce Choice of Milk	9 General Tso's Chicken Lo Mein Noodles Broccoli Fresh Fruit Choice of Milk
10 Cheeseburger Lettuce, Tomato, Pickle Slices French Fries Fruit Cocktail Spice Cake Choice of Milk	11 Beef Burrito Cilantro Lime Rice Corn Salsa Fresh Fruit Choice of Milk	12 Chili Cheese Dog Smokey BBQ Beans Potato Wedges Applesauce Choice of Milk	13 Chicken & Dumplings Seasoned Green Beans Fresh Fruit Choice of Milk	14 Steak and Cheese Sub Peppers & Onions French Fries Applesauce Choice of Milk	15 Cheese Pizza Cucumber Tomato Salad Tropical Fruit Cup Choice of Milk	16 Spaghetti & Meat Balls w/ Spaghetti Sauce Garlic Knot Italian Veggies Fresh Fruit Choice of Milk
17 Chicken Tenders French Fries Roll Applesauce Choice of Milk	18 Grilled Cheese Sandwich Tomato Soup Smashed Broccoli Pears Choice of Milk	19 Corn Dog Bites w/ Hot Honey Drizzle Street Eats! Celery w/ Ranch Onion Rings Choice of Milk	20 Chicken Mashed Potato & Gravy Bowl Corn Butter Roll Peaches Choice of Milk	21 Cheeseburger Lettuce, Tomato Pickle Slices Sidewinder Fries Corn on the Cob Fresh Fruit Choice of Milk	22 Tuna Melt Green Beans Applesauce Pumpkin Biscoff Poke Cake Choice of Milk	23 Beef & Cheese Quesadilla Salsa Sour Cream Red Beans & Rice Applesauce Choice of Milk
24 Chicken Parmesan Pasta w/ Marinara Garlic Roasted Broccoli Fresh Fruit Choice of Milk	25 <i>*Thanksgiving Meal at RBC, Menu TBA*</i> Berryville Menu Boneless Wings w/ Choice of Sauce (BBQ, Honey Mustard, Buffalo) Celery w/ Ranch Smokey BBQ Beans Fresh Fruit Choice of Milk	26 Beef Tacos White Rice Salsa Fire Roasted Corn Cheese Shredded lettuce Fresh Fruit Choice of Milk	27 Lasagna Italian Veggies Garlic Bread Applesauce Choice of Milk	28 Turkey w/ Gravy Stuffing Mashed Potatoes Green Beans Cranberry Sauce Pumpkin Pie Choice of Milk	29 Pepperoni Pizza Caesar Salad Baby Carrots w/ Ranch Jello Applesauce Choice of Milk	30 Chicken Nachos Salsa Sour Cream Fire Roasted Corn & Peppers Fresh Fruit Choice of Milk