

November 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
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 (no bun) Baked Beans Rainbow Slaw w/ Lemon Dressing Choice of Milk	2 Grilled Chicken Sandwich Corn & Green Bean Casserole Mixed Fruit Salad Choice of Milk
3 Meatballs in Spagetti Sauce Garden Salad Mandarin Oranges Choice of Milk	4 Butter chicken Seasoned Green Beans Brown Rice Papaya Mango Fruit Cup Choice of Milk	5 Cheese Ravioli Spaghetti Sauce Italian Vegetables Fresh Fruit Choice of Milk	6 Open Faced Grilled Chicken BLT (1 slice of bread) Corn on the Cob Warm Spiced Apples Choice of Milk	7 Hot Dog (no bun) Cali Blend Veggies Onion Rings Fresh Fruit Choice of Milk	8 Beef Stew Cauliflower Casserole Applesauce Choice of Milk	9 Honey Garlic Chicken Steamed Broccoli Brown Rice Choice of Milk
10 Cheeseburger (no bun) Lettuce & Tomato Pickle Slices Fresh Fruit Choice of Milk	11 Taco Salad Salsa Sour Cream Corn Fresh Fruit Choice of Milk	12 Chili w/ Beans Potato Wedges Fresh Fruit Choice of Milk	13 Chicken & Dumplings Seasoned Green Beans Fresh Fruit Choice of Milk	14 Steak & Cheese Bowl Peppers & Onions Fresh Fruit Choice of Milk	15 Cheese Pizza Cucumber Tomato Salad Tropical Fruit Cup Choice of Milk	16 Meatballs w/ Marinara Sauce Italian Vegetables Fresh Fruit Choice of Milk
17 Chicken Tenders French Fries Applesauce Choice of Milk	18 Grilled Cheese Sandwich Smashed Broccoli Pears Choice of Milk	19 Hot Dog (no bun) Onion Rings Peas & Carrots Applesauce Choice of Milk	20 Chicken Mashed Potato & Gravy Bowl (diced chicken) Peaches Choice of Milk	21 Cheeseburger (no bun) Lettuce, Tomato, Pickle Sidewinder Fries Fresh Fruit Choice of Milk	22 Tuna Melt Green Beans Applesauce Choice of Milk	23 Steak & Cheese Bowl Peppers & Onions Applesauce Choice of Milk
24 Chicken Parmesan (grilled chicken breast) Marinara Sauce Mozzarella Cheese Garlic Roast Broccoli Choice of Milk	25 Boneless Wings w/ Choice of Sauce (BBQ or Buffalo) Celery w/ Ranch Fresh Fruit Choice of Milk	26 Taco Salad Salsa Sour Cream Applesauce Choice of Milk	27 Lasagna Italian Vegetables Fresh Fruit Choice of Milk	28 Hamburger (no bun) Lettuce & Tomato Parmesan Roasted Broccoli Fresh Fruit Choice of Milk	29 Grilled Chicken Breast Caesar Salad Baby Carrots w/ Ranch Applesauce Choice of Milk	30 Chicken Nachos Seasoned Diced Chicken over Tortilla chips w/ Salsa, Sour Cream & Cheese Applesauce Choice of Milk