

January

2025



**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  
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**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](mailto:lucinda.a.windham@grifton.org)  
540-597-6336

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Lasagna Italian Veggies Garlic Bread Applesauce Choice of Milk	<b>2</b> Cheeseburger Lettuce, Tomato Pickle Slices Parmesan Roasted Broccoli Tater Tots Fresh Fruit Choice of Milk	<b>3</b> Pepperoni Pizza Caesar Salad Baby Carrots w/ Ranch Jello Applesauce Choice of Milk	<b>4</b> Chicken Nachos Salsa Sour Cream Corn Fresh Fruit Choice of Milk
<b>5</b> Chicken Nuggets Mac & Cheese Green Beans French Fries Applesauce Iced White Cake Choice of Milk	<b>6</b> Korean Beef Tacos Asian Carrot & Pepper Slaw Rice Sliced Pears Choice of Milk	<b>7</b> Dry Rubbed BBQ Chicken Corn Casserole Butter Roll Pineapple Choice of Milk	<b>8</b> Spaghetti & Meatsauce Parmesan Cheese Parm Roasted Zucchini Mozzarella Stuffed Breadstick Applesauce Choice of Milk	<b>9</b> Chicken Tenders Buttered Noodles Broccoli & Cheese Soup Applesauce Choice of Milk	<b>10</b> Hot Dog Baked Beans Sidewinder Fries Rainbow Slaw w/ Lemon Dressing Applesauce Choice of Milk	<b>11</b> Chicken Patty Sandwich Corn & Green Bean Casserole Mixed Fruit Salad Choice of Milk
<b>12</b> Meatball Sub Marinara Sauce Steak Fries Garden Salad Mandarin Oranges Choice of Milk	<b>13</b> Butter Chicken Seasoned Green Beans White Rice Naan Bread Papaya Mango Fruit Cup Choice of Milk	<b>14</b> Ravioli w/ Spaghetti Sauce Italian Veggies Garlic Bread Applesauce Chocolate Brownie Choice of Milk	<b>15</b> Fried Chicken Biscuit Corn on the Cob Warm Spiced Apples Choice of Milk	<b>16</b> Corn Dog Street Eats! Chili Cheese Fries Peaches Cali Blend Veggies Choice of Milk	<b>17</b> Beef Stew Cauliflower Casserole Cornbread Applesauce Choice of Milk	<b>18</b> General Tso's Chicken Lo Mein Noodles Broccoli Fresh Fruit Choice of Milk
<b>19</b> Cheeseburger Lettuce, Tomato, Pickle Slices French Fries Fruit Cocktail Choice of Milk	<b>20</b> Bean & Cheese Burrito Cilantro Lime Rice Corn Salsa Fresh Fruit Choice of Milk	<b>21</b> Chili Cheese Dog Smokey BBQ Beans Potato Wedges Applesauce Choice of Milk	<b>22</b> Chicken Pot Pie Seasoned Green Beans Fresh Fruit Smoeres' Bar Choice of Milk	<b>23</b> Steak and Cheese Sub Peppers & Onions French Fries Applesauce Choice of Milk	<b>24</b> Cheese Pizza Cucumber Tomato Salad Tropical Fruit Cup Choice of Milk	<b>25</b> Spaghetti & Meat Balls w/ Spaghetti Sauce Garlic Knot Italian Veggies Fresh Fruit Choice of Milk
<b>26</b> Chicken Tenders French Fries Roll Applesauce Choice of Milk	<b>27</b> Grilled Cheese Sandwich Tomato Soup Roast Broccoli Pears Choice of Milk	<b>28</b> Fish Wing Tacos w/ Old Bay Remoulade Coleslaw French Fries Applesauce Choice of Milk	<b>29</b> Chicken Mashed Potato & Gravy Bowl Corn Butter Roll Peaches Choice of Milk	<b>30</b> Cheeseburger Lettuce, Tomato Pickle Slices Sidewinder Fries Corn on the Cob Fresh Fruit Choice of Milk	<b>31</b> Tuna Melt Green Beans Applesauce Cherry Dump Cake Choice of Milk	