November 2026

Metz CULINARY MANAGEMENT

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:

Drew Landenburger, MS, CNS
Dietitian
540-955-2400 ext. 8946
andrew.c.landenburger@grafton.org

Richmond Kitchen
804-674-8888 ext 6579

James DeGaetano
Kitchen Manager, Berryville
540-955-2400 ext. 8947

Lucinda Windham, RD, GM
lucinda.a.windham@grafton.org
540-486-6338

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Trix French Toast Minis Syrup Yogurt Pineapple Choice of Milk	**2** Cheese Omelette Roast Potatoes Fresh Fruit Choice of Milk	**3** Waffles Butter & Syrup Greek Yogurt Fresh Baked Apples Choice of Milk	**4** Scrambled Eggs Turkey Sausage Patty Fresh Fruit Choice of Milk	**5** Baked Chocolate Chip Pancake Sugar Free Syrup Fresh Fruit Choice of Milk	**6** Scrambled Eggs Bacon Roast Potatoes Fresh Fruit Choice of Milk	**7** Mini Maple Eggo Waffles Sugar Free Syrup Yogurt Fresh Fruit Choice of Milk
8 Apple Cinnamon Crumb Muffin Greek Yogurt Fruit Cocktail Choice of Milk	**9** Sausage & egg Pancake Sandwich Grapes Choice of Milk	**10** Pancakes w/ Pumpkin Spiced Whiped Maple Butter Syrup Fresh Fruit Choice of Milk	**11** Scrambled Eggs Turkey Sausage Links Yogurt Grapes Choice of Milk	**12** Bacon and Cheese Breakfast Casserole Toast Fresh Fruit Choice of Milk	**13** Blueberry Breakfast Bar Yogurt Tropical Fruit Salad Choice of Milk	**14** Mixed Berry Oat Parfait Mandarin Oranges Choice of Milk
15 Fruit Loops Flavored Waffles Syrup Yogurt Fresh Fruit Choice of Milk	**16** Ham and Egg on Biscuit Fresh Fruit Choice of Milk	**17** Bagel Breakfast Pizza Fresh Fruit Choice of Milk	**18** Crème Brulee French Toast Casserole Sugar Free Syrup Yogurt Grapes Choice of Milk	**19** Bacon, Egg & Cheese Frittata Toast Fresh Fruit Choice of Milk	**20** Scrambled Eggs Turkey Sausage Patty Fresh Fruit Choice of Milk	**21** Cinnamon Roll (no icing) Turkey Sausage Links Fresh Fruit Choice of Milk
22 Turkey Sausage Patty Toast w/ Butter & Jelly Grapes Choice of Milk	**23** Pancakes Syrup and Butter Mandarin Oranges Choice of Milk	**24** Creamy Maple Oatmeal Scrambled Eggs Fresh Fruit Choice of Milk	**25** Bacon, Egg, & Cheese Scramble Peaches Choice of Milk	**26** Biscuit and Sausage Gravy Fresh Fruit Choice of Milk	**27** French Toast Sticks Butter & Syrup Fresh Fruit Choice of Milk	**28** Bagel w/ Cream Cheese Fresh Fruit Choice of Milk
29 Trix French Toast Minis Syrup Yogurt Pineapple Choice of Milk	**30** Cheese Omelette Roast Potatoes Fresh Fruit Choice of Milk					

USDA is an equal opportunity provider and employer.

Menu Subject to Change Due to Prduct Availability