November 2026 Lunch

Metz CULINARY MANAGEMENT

Lunch:

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

Alternative menus for Client's 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
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Richmond Kitchen
(804) 674-8888 ext. 6579

James DeGaetano
(540) 955-2400 ext. 8947

Lucinda Windham, RD, GM
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540-486-6338

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Chicken Nuggets Mac & Cheese Green Beans Applesauce Salted Caramel Apple Cake Choice of Milk	**2** Meatball Sub Marinara Sauce Steak Fries Garden Salad Mandarin Oranges Choice of Milk	**3** Crispy Chicken Sandwich French Fries Baby Carrots w/ Ranch Fresh Fruit Choice of Milk	**4** Spaghetti & Meatsauce Parmesan Cheese Parm Roasted Zucchini Mozzarella Stuffed Breadstick Applesauce Choice of Milk	**5** Chicken Tenders French Fries BV & Rich: Broccoli & Cheese Soup RBC: Peas & Carrots Choice of Milk	**6** Hot Dog Street Eats Soft Pretzel w/ Cheese Sauce Cauliflower Casserole Choice of Milk	**7** General Tso's Chicken Lo Mein Noodles Broccoli Fresh Fruit Choice of Milk
8 Corn Dog Bites w/ Cheese Sauce Onion Rings Sauteed Zucchini & Grape Tomatoes Applesauce Choice of Milk	**9** Chicken Carnitas Shredded Cheese Sour Cream Fire Roasted Corn Refried Beans Sliced Pears Choice of Milk	**10** Ravioli w/ Spaghetti Sauce Italian Green Beans Garlic Bread Applesauce Pumpkin Cheesecake Bar Choice of Milk	**11** Fried Chicken (BV) Chicken Nuggets (RBC & Rich) Mashed Potatoes w/ Gravy Zesty Country Green Beans Fresh Fruit Choice of Milk	**12** BBQ Rib Sandwich Scallped Potatoes BBQ Baked Beans Peaches Choice of Milk	**13** Cheeseburger Casserole Smokey Cauliflower Onion Rings Applesauce Choice of Milk	**14** Butter Chicken Seasoned Green Beans White Rice Naan Bread Papaya Mango Fruit Cup Choice of Milk
15 Cheeseburger Lettuce, Tomato, Pickle Slices French Fries Fruit Cocktail Choice of Milk	**16** Sweet & Sour Chicken Asian Vegetables White Rice Fresh Fruit Choice of Milk	**17** Hot Dog Corn Casserole Seasoned Green Beans Fresh Fruit Choice of Milk	**18** Smokey Turkey Chili Cornbread Roast Cauliflower Fresh Fruit Choice of Milk	**19** Steak and Cheese Sub Peppers & Onions French Fries Applesauce Choice of Milk	**20** Cheese Pizza Greek Salad Tropical Fruit Cup Apple Dump Cake Choice of Milk	**21** Spaghetti & Meat Balls w/ Sauce Garlic Knot Italian Veggies Fresh Fruit Choice of Milk
22 Chicken Tenders French Fries Dill Carrots Applesauce Choice of Milk	**23** Grilled Cheese Sandwich Tomato Soup (BV) French Fries (RBC) Roast Broccoli Pears Choice of Milk	**24** Berryville Corn Dog, Mac & Cheese Peas Mandarian Oranges RBC Thanksgiving Meal Turkey w/ Gravy Mashed Potatoes, Stuffing, Green Beans, Cranberry Sauce Pie	**25** Chicken Mashed Potato & Gravy Bowl Corn Butter Roll Peaches Choice of Milk	**26** Cheeseburger Lettuce, Tomato Pickle Slices Tater Tots Roast Broccoli Fresh Fruit Choice of Milk	**27** Fish Sandwich w/ Cheese on a roll Orange Glazed Carrots French Fries Fresh Fruit Ice Cream Choice of Milk	**28** Beef & Cheese Quesadilla Salsa Sour Cream Red Beans & Rice Applesauce Choice of Milk
29 Korean Beef Tacos Pickled Onions Sriracha Mayo White Rice Sliced Pears Choice of Milk	**30** Salisbury Steak Mashed Potatoes w/ Gravy Green Beans Fresh Fruit Choice of Milk					

USDA is an equal opportunity provider and employer.
Menu Subject to Change Due to Prduct Availability