November 2026 Lunch, 500 Calorie

Metz CULINARY MANAGEMENT

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
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Richmond Kitchen
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James DeGaetano
Kitchen Manager, Berryville
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Lucinda Windham, RD, GM
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Turkey Burger (no bun) Caesar Salad Choice of Milk	**2** Meatballs in Spagetti Sauce Garden Salad Mandarin Oranges Choice of Milk	**3** Grilled Chicken & Bacon Sandwich Baby Carrots w/ Ranch Choice of Milk	**4** Spaghetti & Meat Sauce Parm Roasted Zucchini Applesauce Choice of Milk	**5** Herbed Chicken Breast Broccoli & Cheese Soup Applesauce Choice of Milk	**6** Hot Dog (no bun) Cauliflower Casserole Fresh Fruit Choice of Milk	**7** Honey Garlic Chicken Steamed Broccoli Brown Rice Choice of Milk
8 Korean Beef Tacos Veggie Fried Rice Sliced Pears Choice of Milk	**9** Chicken Carnitas Sour Cream Shredded Cheese Fire Roasted Corn Fresh Fruit Choice of Milk	**10** Cheese Ravioli Spaghetti Sauce Italian Vegetables Fresh Fruit Choice of Milk	**11** Open Faced Grilled Chicken BLT (1 slice of bread) Mashed Potatoes w/ Gravy Choice of Milk	**12** BBQ Rib Patty (no bun) French Fries Fresh Fruit Choice of Milk	**13** Cheeseburger (no bun) Lettuce & Tomato Pickle Slices Fresh Fruit Choice of Milk	**14** Butter chicken Seasoned Green Beans Brown Rice Papaya Mango Fruit Cup Choice of Milk
15 Cheeseburger (no bun) Lettuce & Tomato Pickle Slices Fresh Fruit Choice of Milk	**16** BBQ Chicken Corn Casserole Green Beans Pineapple Chunks Choice of Milk	**17** Hot Dog (no bun) Loaded Baked Potato Fresh Fruit Choice of Milk	**18** Sweet & Sour Chicken Asian Vegetables Fresh Fruit Choice of Milk	**19** Steak & Cheese Bowl Peppers & Onions Fresh Fruit Choice of Milk	**20** Cheese Pizza Antipasta Salad Tropical Fruit Cup Choice of Milk	**21** Meatballs w/ Marinara Sauce Italian Vegetables Fresh Fruit Choice of Milk
22 Chicken Tenders French Fries Applesauce Choice of Milk	**23** Grilled Cheese Sandwich Roast Broccoli Pears Choice of Milk	**24** Hot Dog (no bun) Peas Applesauce Choice of Milk	**25** Chicken Mashed Potato & Gravy Bowl (diced chicken) Peaches Choice of Milk	**26** Cheeseburger (no bun) Lettuce, Tomato, Pickle Roast Broccoli Fresh Fruit Choice of Milk	**27** Salmon Fillet Mac & Cheese Applesauce Choice of Milk	**28** Steak & Cheese Bowl Peppers & Onions Applesauce Choice of Milk
29 Hot Dog (no bun) Buttered Noodles Garlic Roast Broccoli Sliced Peaches Choice of Milk	**30** Salisbury Steak Mashed Potatoes w/ Gravy Fresh Fruit Choice of Milk					

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Menu Subject to Change Due to Prduct Availability