November 2026 Lunch Richmond

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 **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 Spice Cake **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 **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** Scalped Potatoes BBQ Baked Beans Peaches **Choice of Milk**	**13** **Cheeseburger Casserole** Smokey Cauliflower Onion Rings Applesauce Apple Dump Cake **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 Strawberry Ice Cream **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**	**Thanksgiving Meal** Turkey Mashed Potatoes Stuffing, Gravy Green Beans Cranberry Sauce Pie Choice of Milk	**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 **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**					**Butter Chicken** Seasoned Green Beans White Rice Naan Bread Papaya Mango Fruit Cup

USDA is an equal opportunity provider and employer.

Menu Subject to Change Due to Prduct Availability