

December 2025



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:

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Kitchen Manager, Berryville
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Lucinda Windham, RD, GM
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Cheese Omelette Roast Potatoes Fresh Fruit Choice of Milk	2 Waffles w/ Pumpkin Butter Syrup Greek Yogurt Grapes Choice of Milk	3 Scrambled Eggs Turkey Sausage Patty Fresh Fruit Choice of Milk	4 Baked Chocolate Chip Pancake Sugar Free Syrup Fresh Fruit Choice of Milk	5 Scrambled Eggs Bacon Roast Potatoes Fresh Fruit Choice of Milk	6 Mini Maple Eggo Waffles Sugar Free Syrup Yogurt Fresh Fruit Choice of Milk
7 Apple Cinnamon Crumb Muffin Greek Yogurt Fruit Cocktail Choice of Milk	8 Sausage & egg Pancake Sandwich Grapes Choice of Milk	9 French Toast Syrup Fresh Fruit Choice of Milk	10 Creamed Chipped Beef Toast Grapes Choice of Milk	11 Bacon and Cheese Breakfast Casserole Toast Fresh Fruit Choice of Milk	12 Blueberry Breakfast Bar Yogurt Fresh Fruit Choice of Milk	13 Mixed Berry Oat Parfait Peaches Choice of Milk
14 Cinnamon French Toast Minis Syrup Yogurt Fresh Fruit Choice of Milk	15 Ham and Egg on Biscuit Fresh Fruit Choice of Milk	16 Bagel Breakfast Pizza Fresh Fruit Choice of Milk	17 Crème Brulee French Toast Casserole Sugar Free Syrup Yogurt Grapes Choice of Milk	18 Bacon, Egg & Cheese Frittata Banana Bread Fresh Fruit Choice of Milk	19 Scrambled Eggs Turkey Sausage Patty Fresh Fruit Choice of Milk	20 Cinnamon Roll (no icing) Turkey Sausage Links Fresh Fruit Choice of Milk
21 Turkey Sausage Patty Toast w/ Butter & Jelly Grapes Choice of Milk	22 Pancakes Syrup and Butter Warm Spiced Apples Choice of Milk	23 Creamy Maple Oatmeal Scrambled Eggs Fresh Fruit Choice of Milk	24 Bacon, Egg, & Cheese Scramble Peaches Choice of Milk	25 Biscuit and Sausage Gravy Fresh Fruit Choice of Milk	26 Pumpkin Bread w/ Streusel Topping Fresh Fruit Choice of Milk	27 Bagel w/ Cream Cheese Fresh Fruit Choice of Milk
28 Trix French Toast Minis Syrup Yogurt Peaches Choice of Milk	29 Cheese Omelette Roast Potatoes Fresh Fruit Choice of Milk	30 Waffles w/ Pumpkin Butter Syrup Greek Yogurt Grapes Choice of Milk	31 Scrambled Eggs Turkey Sausage Patty Fresh Fruit Choice of Milk			