

December 2025



# Metz BV & Winchester Lunch

**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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**Jana Hobbs**  
Richmond Kitchen  
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**James DeGaetano**  
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**Lucinda Windham, RD, GM**  
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540-486-6338

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> BBQ Chicken Corn Casserole Butter Roll Pineapple Chunks Choice of Milk	<b>2</b> Chili (BV) Hot Dog (RBC) Corn Bread Loaded Baked Potato w/ Sour Cream, Butter, Cheese, Bacon Bits Fresh Fruit Choice of Milk	<b>3</b> Sweet & Sour Chicken Asian Vegetables White Rice (BV) Noodles (RBC) Fresh Fruit Choice of Milk	<b>4</b> Steak and Cheese Sub Peppers & Onions French Fries Applesauce Choice of Milk	<b>5</b> Cheese Pizza Antipasta Salad Tropical Fruit Cup Choice of Milk	<b>6</b> Spaghetti & Meat Balls w/ Spaghetti Sauce Garlic Knot Italian Veggies Fresh Fruit Choice of Milk
<b>7</b> Chicken Tenders French Fries Creamed Spinach Applesauce Choice of Milk	<b>8</b> Grilled Cheese Sandwich Tomato Soup (BV) Fried Pickles (RBC) Roast Broccoli Pears Choice of Milk	<b>9</b> Corn Dog Buttered Noodles Garlic Roasted Broccoli Peaches Candy Cane Cake Choice of Milk	<b>10</b> Chicken Mashed Potato & Gravy Bowl Corn Butter Roll Peaches Choice of Milk	<b>11</b> Cheeseburger Lettuce, Tomato Pickle Slices Sidewinder Fries Corn Chowder (BV) Corn (RBC) Fresh Fruit Choice of Milk	<b>12</b> Fish Sticks Roast Butternut Squash Mac & Cheese Hushpuppies Applesauce Choice of Milk	<b>13</b> Beef & Cheese Quesadilla Salsa Sour Cream Red Beans & Rice Applesauce Choice of Milk
<b>14</b> Corn Dog Bites w/ Cheese Sauce Onion Rings Lentils w/ Roasted Veggies Applesauce Bread Pudding Choice of Milk	<b>15</b> Boneless Wings w/ Choice of Sauce (BBQ, Honey Mustard, Buffalo) Smokey BBQ Beans Wedge Salad Bowl (BV) Celery w/ Ranch (RBC) Fresh Fruit Choice of Milk	<b>16</b> Turkey Tacos Salsa Corn Shredded Lettuce Corn White Rice (BV) Roll (RBC) Fresh Fruit Choice of Milk	<b>17</b> Chicken Parmesean Pasta w/ Marinara Italian Veggies Garlic Bread Applesauce Choice of Milk	<b>18</b> Cheese Burger Lettuce, Tomato Pickle Slices Tater Tots Roast Broccoli Fresh Fruit Choice of Milk	<b>19</b> Pepperoni Pizza Caesar Salad Baby Carrots w/ Ranch Jello Diced Peaches Choice of Milk	<b>20</b> Chicken Nachos Salsa, Sour Cream Corn Fresh Fruit <b>Street Eats!</b> Funnel Cake Fries w/ Powdered Sugar Choice of Milk
<b>21</b> Grilled Chicken Mac & Cheese Green Beans French Fries Applesauce Choice of Milk	<b>22</b> Meatball Sub Marinara Sauce Steak Fries Garden Salad Mandarin Oranges Choice of Milk	<b>23</b> Grilled Chicken & Bacon Sandwich Mac & Cheese Steamed Broccoli Fresh Fruit Choice of Milk	<b>24</b> Spaghetti & Meatsauce Parmesan Cheese Parm Roasted Zucchini Mozzarella Stuffed Breadstick Applesauce Choice of Milk	<b>25</b> Chicken Salad on Croissant Pickle Spear Chips Cookie Juice Box Choice of Milk	<b>26</b> Hot Dog Corn Nuggets Smokey BBQ Beans French Fries Choice of Milk	<b>27</b> Butter Chicken Seasoned Green Beans White Rice Naan Bread Papaya Mango Fruit Cup Choice of Milk
<b>28</b> Korean Beef Tacos Pickled Onions Sriracha Mayo Veggie Fried Rice Sliced Pears Choice of Milk	<b>29</b> Chicken Patty Sandwich Corn and Green Bean Casserole Sliced Pears Choice of Milk	<b>30</b> Ravioli w/ Spaghetti Sauce Italian Veggies Garlic Bread Applesauce Pineapple Upside-down Cake Choice of Milk	<b>31</b> Fried Chicken (BV) Chicken Tenders (RBC) Mashed Potatoes w/ Gravy Zesty Country Green Beans Fresh Fruit Choice of Milk			