

December 2025



Lunch, 500 Calorie

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:

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Sunday	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
	BBQ Chicken Corn Casserole Green Beans Pineapple Chunks Choice of Milk	Chili w/ Beans Loaded Baked Potato Fresh Fruit Choice of Milk	Sweet & Sour Chicken Asian Vegetables Fresh Fruit Choice of Milk	Steak & Cheese Bowl Peppers & Onions Fresh Fruit Choice of Milk	Cheese Pizza Antipasta Salad Tropical Fruit Cup Choice of Milk	Meatballs w/ Marinara Sauce Italian Vegetables Fresh Fruit Choice of Milk
7 Chicken Tenders French Fries Applesauce Choice of Milk	8 Grilled Cheese Sandwich Roast Broccoli Pears Choice of Milk	9 Hot Dog (no bun) Lentils w/ Roasted Veggies Applesauce Choice of Milk	10 Chicken Mashed Potato & Gravy Bowl (diced chicken) Peaches Choice of Milk	11 Cheeseburger (no bun) Lettuce, Tomato, Pickle Sidewinder Fries Fresh Fruit Choice of Milk	12 Fish Sticks Hushpuppies Applesauce Choice of Milk	13 Steak & Cheese Bowl Peppers & Onions Applesauce Choice of Milk
14 Hot Dog (no bun) Buttered Noodles Garlic Roast Broccoli Sliced Peaches Choice of Milk	15 Boneless Wings w/ Choice of Sauce (BBQ or Buffalo) Wedge Salad Fresh Fruit Choice of Milk	16 Taco Salad Salsa Sour Cream Applesauce Choice of Milk	17 Chicken Parmesan (unbreaded) Italian Vegetables Fresh Fruit Choice of Milk	18 Hamburger (no bun) Lettuce & Tomato Roast Broccoli Fresh Fruit Choice of Milk	19 Grilled Chicken Breast Caesar Salad Baby Carrots w/ Ranch Diced Peaches Choice of Milk	20 Chicken Nachos Seasoned Diced Chicken over Tortilla chips w/ Salsa, Sour Cream & Cheese Applesauce Choice of Milk
21 Turkey Burger (no bun) Caesar Salad Choice of Milk	22 Meatballs in Spaghetti Sauce Garden Salad Mandarin Oranges Choice of Milk	23 Grilled Chicken & Bacon Sandwich Steamed Broccoli Choice of Milk	24 Spaghetti & Meat Sauce Parm Roasted Zucchini Applesauce Choice of Milk	25 Herbed Chicken Breast Carrots the Good Way Applesauce Choice of Milk	26 Hot Dog (no bun) Corn Nuggets Fresh Fruit Choice of Milk	27 Butter chicken Seasoned Green Beans Brown Rice Papaya Mango Fruit Cup Choice of Milk
28 Korean Beef Tacos Veggie Fried Rice Sliced Pears Choice of Milk	29 Grilled Chicken Sandwich Corn & Green Bean Casserole Sliced Pears Choice of Milk	30 Cheese Ravioli Spaghetti Sauce Italian Vegetables Fresh Fruit Choice of Milk	31 Open Faced Grilled Chicken BLT (1 slice of bread) Mashed Potatoes w/ Gravy Choice of Milk			