

January 2026



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