

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Egg and Cheese English Muffin Sandwich
Cinnamon Berry French Toast

Circle up to 3 Sides

Cream of Wheat	Fruit Loops
Cheerios	Raisin Bran
Hashbrown Patty	Bacon
Turkey Sausage Link	
Cinnamon Coffee Cake	White Toast
Banana Bread	Wheat Toast

Circle up to 2

Banana	Yogurt Parfait with Berries
Apple Slices	Strawberry Chobani Yogurt

Beverages (limit 3 drinks per meal)

Orange Juice	Apple Juice	Prune Juice
Skim Milk	1% Milk	Chocolate Milk
Hot Tea	Iced Tea	

Condiments (circle all needed for meal)

Sugar	Splenda	Creamer
Butter	Margarine	Peanut Butter
Jelly	Sugar Free Jelly	Brown Sugar
Salt	Pepper	Salt Free Seasoning
Ketchup	Syrup	

Lunch Tomorrow

Circle up to 1 Entree

Supreme Pizza
Hummus on Wheat (toppings below)
Hamburger (toppings listed below)

Circle up to 3 Sides

Cottage Cheese	Pasta Salad
French Fries	Potato Chips
Mixed Vegetables	
Baby Carrots	Ranch Dressing
Diced Pears	Diced Peaches

Circle up to 1 Dessert

Chocolate Chip Cookie	Lemon Italian
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Beverages (limit 3 drinks per meal)

Skim Milk	1% Milk	Chocolate Milk
Hot Tea	Iced Tea	

Condiments (circle all needed for meal)

Sugar	Splenda	Creamer	
Butter	Margarine	Peanut Butter	
Jelly	Sugar Free Jelly	Salt	Pepper
Salt Free Seasoning	Mayo	Mustard	
Ketchup	BBQ Sauce	Tartar Sauce	

Sandwich Toppings:

Lettuce	Tomato	Onion	Pickle
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Dinner Tomorrow

Circle up to 1 Entree

Meat Lasagna
Grilled Chicken Sandwich (toppings below)
Open Face Turkey Sandwich

Circle up to 3 Sides

Chili	Tomato Soup
Dinner Roll	Rice
Mashed Potatoes	
Green Beans	
Mixed Greens Salad	
	-Ranch -Fat Free Ranch
	-Balsamic dressing -French
Applesauce	Fresh Fruit

Circle up to 1 Dessert

Rice Krispie Bar	Chocolate Pudding
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Beverages (limit 3 drinks per meal)

Skim Milk	1% Milk	Chocolate Milk
Hot Tea	Iced Tea	

Condiments (circle all needed for meal)

Sugar	Splenda	Creamer	
Butter	Margarine	Peanut Butter	
Jelly	Sugar Free Jelly	Salt	Pepper
Salt Free Seasoning	Mayo	Mustard	
Ketchup	BBQ Sauce	Tartar Sauce	

Sandwich Toppings:

Lettuce	Tomato	Onion	Pickle
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