BREAKFAST (SERVED ALL DAY*)

ENTREES
Pancake (1)…………………….. 2
French Toast (1 slice)*………… 2

CEREALS
Oatmeal*………………………… 1
Cream of Wheat*……………….. 0
Cheerios®………………………… 2
Froot Loops®………………….. 1
Raisin Bran®………………… 1
+ Skim Milk ……………………….. 0

BREAKFAST BREADS
English Muffin*………………… 1
White Toast (1 slice)……… 1
Wheat Toast (1 slice)……….. 1

FRUIT
Apple Slices……………………… 0
Applesauce……………………… 0
Banana…………………….. 0
Mandarin Oranges……………….. 0
Peach Slices………………….. 0
Diced Pears…………………... 0
Seasonal Fruit………………..(ask operator)

BUILD YOUR OWN COTTAGE CHEESE AND FRUIT PLATE
Begin with cottage cheese and add two fruits from above.
Cottage cheese, 2% (1/2 cup)……3

YOGURT
Strawberry (Greek)………….. 0
Vanilla (Greek 100 Calorie)….. 0
Key Lime Pie (Light)…………. 0
Yogurt Parfait with Berries……. 5

COMFORT FOODS
Marinated Chicken……………… 5
Citrus Peppercom Tripla……… 2
Amy's® Gluten-free No-dairy Beans and Rice Burrito………………. 6
SpaghettiOs®……………….. 1

FROM THE GRILL
Grilled Marinated Chicken Sandwich…………………………………… 7

SALADS
Mixed Green Salad with Tomatoes and Cucumbers……………………. 0
+Chicken…………………….. 5
+Fat-free Ranch Dressing……. 2
Pasta Salad with Balsamic Dressing, Vegetables, and Black Beans…….. 2

SOUPS
Chili………………… 4
Homemade Chicken Noodle……………….. 1
Low-sodium Chicken Noodle……….. 1
Tomato……………….. 1
Amy's® Gluten-free Black Bean Soup……….. 1
+Saltine Crackers …………………… 1

SANDWICHES
Build your own sandwich. Choose a type of bread and add toppings.
Wheat Bread (1 slice)…………. 1
White Bread (1 slice)………. 1
+ Roast Beef……………….. 1
+ Turkey………………….. 1
+ Ham………………….. 1
+ Lettuce………………….. 0
+ Tomato………………….. 0
+ Red Onion………………. 0
+ Pickles………………….. 0
+ Bread………………….. 0

SIDES
Baked French Fries…………. 5
Baked Potato*……………….. 0
Steamed Rice……………… 2
Mashed Potatoes……………. 5
+ Beef Gravy……………….. 1
+ Chicken Gravy…………….. 0
Baked Potato Chips………….. 2
Cottage Cheese, 2% fat* (1/4 cup)…… 2
Dinner Roll………………….. 2
Vegetables…………………..
Mixed Vegetables………………. 0
Green Beans………………….. 0
Raw Carrots………………….. 0
Raw Celery………………….. 0

DESSERTS
Candy
Hard Candy…………………….. 0
Lemon Drops………………….. 0
Gelatin Dessert
Orange………………….. 0
Strawberry………………….. 0
Sugar-free Lemon Lime……… 0
Sugar-free Strawberry………. 0
Italian Ice
Lemon………………………… 0
Strawberry………………….. 0
Chocolate Ice Cream…..... 8
Vanilla………………………. 8

EXTRAS
Salt▲……………………… 0
Pepper……………………... 0
Salt-free Seasoning………… 0
Sugar………………….. 0
Splenda®………………….. 0
Brown Sugar……………….. 0
Creamer (Non-dairy)…… 1
Ketchup………………….. 0
Mustard………………….. 0
Jelly………………….. 0
Sugar-free Jelly……………… 0
Pico de Gallo………………. 0
Lemon Juice………………. 0
Lemon Slice……………….. 0
Sugar-free Syrup……………. 0
Barbeque Sauce▲………….. 0
Taco Sauce………………….. 0
Fat Free Ranch………………. 0

BEVERAGES
Milk
Skim………………………… 0
1%………………………… 2
Chocolate▲………………….. 0
Lactose-free…………………. 0
Lemon Crystal Light®………….. 0
Hot Chocolate……………….. 2
Gatorade G2® Glacier Freeze…… 7
Coffee
Regular or Decaf……………… 0

99 numbers after each item show grams of fat per serving
▲ indicates items higher in sodium that exceed heart healthy guidelines.
* Item only available from 6-10 AM
## LIQUID DIETS

### CLEAR LIQUID DIET

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee</td>
<td></td>
</tr>
<tr>
<td>Regular or Decaf</td>
<td>0</td>
</tr>
<tr>
<td>Tea</td>
<td></td>
</tr>
<tr>
<td>Black, Green, Decaf, or Iced</td>
<td>0</td>
</tr>
<tr>
<td>Juice</td>
<td></td>
</tr>
<tr>
<td>Cranberry or Apple</td>
<td>0</td>
</tr>
<tr>
<td>Lemon Crystal Light</td>
<td>0</td>
</tr>
<tr>
<td>Broth ▲</td>
<td></td>
</tr>
<tr>
<td>Vegetable, Beef, or Chicken</td>
<td>0</td>
</tr>
<tr>
<td>Gelatin Dessert</td>
<td></td>
</tr>
<tr>
<td>Strawberry</td>
<td>0</td>
</tr>
<tr>
<td>Orange</td>
<td>0</td>
</tr>
<tr>
<td>Sugar-free Lemon Lime</td>
<td>0</td>
</tr>
<tr>
<td>Sugar-free Strawberry</td>
<td>0</td>
</tr>
<tr>
<td>Italian Ice</td>
<td></td>
</tr>
<tr>
<td>Lemon</td>
<td>0</td>
</tr>
<tr>
<td>Strawberry</td>
<td>0</td>
</tr>
<tr>
<td>Ensure® Clear</td>
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</tr>
<tr>
<td>Apple</td>
<td>0</td>
</tr>
<tr>
<td>Mixed Berry</td>
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</table>

### FULL LIQUID DIET (includes all clear liquid items above)

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Juice</td>
<td></td>
</tr>
<tr>
<td>Orange</td>
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</tr>
<tr>
<td>Prune</td>
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</tr>
<tr>
<td>V-8 ▲</td>
<td>0</td>
</tr>
<tr>
<td>Low Sodium V-8</td>
<td>0</td>
</tr>
<tr>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td>Skim</td>
<td>0</td>
</tr>
<tr>
<td>Chocolate ▲</td>
<td>0</td>
</tr>
<tr>
<td>Lactose-free</td>
<td>0</td>
</tr>
<tr>
<td>Instant Breakfast with Skim Milk ▲</td>
<td>1</td>
</tr>
<tr>
<td>Chocolate</td>
<td>1</td>
</tr>
<tr>
<td>Vanilla</td>
<td>0</td>
</tr>
<tr>
<td>Cream of Wheat®</td>
<td>0</td>
</tr>
<tr>
<td>Applesauce</td>
<td>0</td>
</tr>
<tr>
<td>Pureed Fruit</td>
<td></td>
</tr>
<tr>
<td>Peaches</td>
<td>0</td>
</tr>
<tr>
<td>Pineapple</td>
<td>0</td>
</tr>
<tr>
<td>Mixed Berries</td>
<td>0</td>
</tr>
<tr>
<td>Banana</td>
<td>0</td>
</tr>
<tr>
<td>Yogurt</td>
<td></td>
</tr>
<tr>
<td>Vanilla</td>
<td>2</td>
</tr>
<tr>
<td>Key Lime Pie</td>
<td>0</td>
</tr>
<tr>
<td>Soup ▲</td>
<td></td>
</tr>
<tr>
<td>Blended Chicken Noodle</td>
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</tr>
<tr>
<td>Blended Low Sodium</td>
<td>2</td>
</tr>
<tr>
<td>Chicken Noodle</td>
<td></td>
</tr>
<tr>
<td>Tomato Soup</td>
<td>1</td>
</tr>
<tr>
<td>Ensure® Compact (4 oz)</td>
<td>6</td>
</tr>
<tr>
<td>Chocolate or Vanilla</td>
<td>2</td>
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<tr>
<td>Ensure® High Protein</td>
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<tr>
<td>Chocolate or Vanilla</td>
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<tr>
<td>Hot Chocolate</td>
<td>2</td>
</tr>
</tbody>
</table>

This menu is heart healthy.
There are no fried foods.
Most items are low in sodium and low in fat.

Questions?
Our operator can help you with your choices. Our dietitians are also happy to help with any questions.