Patient Name: _____ **Unit :** _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
2 Hard Boiled Eggs
Two Pancakes with Syrup

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
Vanilla Yogurt
Apple Slices
Strawberry Chobani Yogurt

Beverages (limit 3 drinks per meal)

Orange Juice
Apple Juice
Prune Juice
Skim Milk
1% Milk
Chocolate Milk
Coffee
Decaf Coffee
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

Tater Tot Casserole
Chicken Salad on Wheat (toppings below)
Cheese Pizza

Circle up to 3 Sides

Cottage Cheese
Pasta Salad
French Fries
Potato Chips
Mixed Vegetables
Mixed Greens Salad
-Ranch
-Fat Free Ranch
-Balsamic dressing
-French
Fresh Fruit
Diced Pears

Circle up to 1 Dessert

Rice Krispie Bar
Orange Jell-O

Beverages (limit 3 drinks per meal)

Skim Milk
1% Milk
Chocolate Milk
Coffee
Decaf Coffee
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

Dinner Tomorrow

Circle up to 1 Entree

Meatloaf
Chicken Tenders (2)
Grilled Cheese

Circle up to 3 Sides

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

Circle up to 1 Dessert

Chocolate Brownie
Vanilla Pudding

Beverages (limit 3 drinks per meal)

Skim Milk
1% Milk
Chocolate Milk
Coffee
Decaf Coffee
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

Wednesday Meal Selections **(Week B Day 4)**