

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Lunch Tomorrow

Dinner Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
 2 Hard Boiled Eggs
 Two Pancakes with Syrup

Circle up to 1 Entree

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

Circle up to 1 Entree

Meatloaf
 Chicken Tenders (2)
 Grilled Cheese

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 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 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 2

Banana	Vanilla Yogurt
Apple Slices	Strawberry Chobani Yogurt

Circle up to 1 Dessert

Rice Krispie Bar	Orange Jell-O
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Circle up to 1 Dessert

Chocolate Brownie	Vanilla Pudding
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Beverages (limit 3 drinks per meal)

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

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Hot Tea	Iced Tea	

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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	

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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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	

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