

Patient Name: _____ Unit : _____

Breakfast Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Egg, Ham, and Cheese Biscuit Sandwich
2 French Toast pieces with Syrup

Circle up to 3 Sides

Oatmeal	Fruit Loops
Cheerios	Raisin Bran
Hashbrown Patty	Bacon
Turkey Sausage Link	
Blueberry Lemon Bread	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	Cranberry 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

BBQ Pork Sandwich
Tuna Salad on Wheat (toppings below)
Cheese Pizza

Circle up to 3 Sides

Cottage Cheese	Pasta Salad
French Fries	Skinny Pop Popcorn
Green Beans	
Mixed Greens Salad	
	-Ranch -Fat Free Ranch
	-Balsamic dressing -French
Mandarin Oranges	Apple Slices

Circle up to 1 Dessert

Chocolate Chip Cookie	Lemon Italian Ice
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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

Pot Roast with Gravy
Hamburger (toppings below)
Open Face Turkey Sandwich

Circle up to 3 Sides

Chicken Noodle Soup	Chicken Tortilla
Dinner Roll	Rice
Mashed Potatoes	
Mixed Vegetables	
Baby Carrots	Ranch Dressing
Banana	Diced Peaches

Circle up to 1 Dessert

Chocolate Ice Cream	New York Cheesecake
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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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