

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
Pork 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
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	Sugar Free Syrup
Nutella	Hot Sauce	

## 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
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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	
	Hot Sauce	Nutella	

### Sandwich Toppings:

Lettuce	Tomato	Onion	Pickles
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## Dinner Tomorrow

### Circle up to 1 Entree

Meatloaf  
Chicken Strips (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
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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	
	Soy Sauce	Hot Sauce	Nutella

### Sandwich Toppings:

Lettuce	Tomato	Onion	Pickles
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Wednesday Meal Selections

(Week B Day 4)