

Patient Name: \_\_\_\_\_ Unit : \_\_\_\_\_

## Breakfast Tomorrow

### Circle up to 2 Entrees

Scrambled Eggs  
Egg and Cheese Sandwich  
Cinnamon Berry French Toast

### Circle up to 3 Sides

Cream of Wheat	Fruit Loops
Cheerios	Raisin Bran
Hashbrown Patty	Bacon
Pork Sausage Link	
Blueberry Crumb Muffin	White Toast
Banana Bread	Wheat Toast

### Circle up to 2

Banana	Yogurt Parfait with Berries
Apple Slices	Blueberry 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

Supreme Pizza  
Hummus on Wheat (toppings below)  
Hamburger (toppings listed below)

### Circle up to 3 Sides

Cottage Cheese	Pasta Salad
French Fries	Potato Chips
Mixed Vegetables	
Baby Carrots	Ranch Dressing
Apple Slices	Sliced Peaches

### Circle up to 1 Dessert

Chocolate Chip Cookie	Lemon Italian
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### 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
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## Dinner Tomorrow

### Circle up to 1 Entree

Meat Lasagna  
Grilled Chicken Sandwich (toppings below)  
Open Face Turkey Sandwich

### Circle up to 3 Sides

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

### Circle up to 1 Dessert

Rice Krispie Bar	Chocolate Pudding
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### 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
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