Patient Name: _____ **Unit :** _____

Breakfast Tomorrow

Circle up to 2 Entrees Scrambled Eggs
Egg and Cheese English Muffin Sandwich
Cinnamon Berry French Toast

Circle up to 3 Sides

Cream of Wheat	Fruit Loops
Cheerios	Raisin Bran
Hashbrown Patty	Bacon
Cinnamon Coffee Cake	
Banana Bread	White Toast
	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	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	Sugar Free Syrup
Nutella	Hot Sauce	

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
Diced Pears	Diced Peaches

Circle up to 1 Dessert
Chocolate Chip Cookie Lemon Italian

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
Margarine Butter 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 Pickle

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

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 Nutella
Jelly Sugar Free Jelly Salt Pepper
Salt Free Seasoning Mayo Mustard
Ketchup BBQ Sauce Hot Sauce Tartar Sauce
***Sandwich Toppings*:**
Lettuce Tomato Onion Pickle

Monday Meal Selections **(Week B Day 2)**