

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  
Cinnamon Coffee  
Cake Banana Bread      White Toast  
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  
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

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

### 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  
Hot Sauce      Nutella

### Sandwich Toppings:

Lettuce      Tomato      Onion      Pickles

## Dinner Tomorrow

### Circle up to 1 Entree

Meatloaf  
Chicken Tenders (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

### 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  
Hot Sauce      Nutella

### Sandwich Toppings:

Lettuce      Tomato      Onion      Pickles

Wednesday Meal Selections

(Week B Day 4)