Patient Name: _____ Unit : _____

Breakfast Tomorrow |

Lunch Tomorrow

Dinner Tomorrow

Circle up to 2 Entrees

Scrambled Eggs
Egg and Cheese English Muffin Sandwich
Two Breakfast Tacos (Taco Sauce)

Circle up to 3 Sides

Cream of Wheat Fruit Loops
Cheerios Raisin Bran

Hashbrown Patty

Pork Sausage Link Bacon

Cinnamon Coffee Cake

Banana Bread

Toast: White or Wheat

Circle up to 2

Banana Vanilla Yogurt Fresh Fruit Berry Yogurt Parfait

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** Sugar Free Jelly Jelly **Brown Sugar** Salt Free Seasoning Salt Pepper Sugar Free Syrup Ketchup Syrup Nutella Hot Sauce

Circle up to 1 Entree

Chicken Salad on Wheat (toppings below) Cheese Pizza

Cheeseburger (toppings below)

Circle up to 3 Sides

Cottage Cheese Coleslaw
French Fries Potato Chips

Green Beans

Mixed Greens Salad

-Ranch -Fat Free Ranch
-Balsamic dressing -French
Apple Slices Diced Pineapple

Circle up to 1 Dessert

Chocolate Chip Cookie 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)
ugar Splenda Creamer

Sugar Splenda Creamer
Butter Margarine Peanut Butter
Jelly Sugar Free Jelly Salt Pepper
Salt Free Seasoning Mayo Mustard
Ketchup BBQ Sauce Crackers
Hot Sauce Soy Sauce Nutella

Sandwich Toppings:

Lettuce Tomato Onion Pickle

Circle up to 1 Entree

Grilled Chicken Sandwich (toppings below)
Pot Roast with Gravy
Baked Tilapia (Tartar Sauce, Lemon Slice)

Circle up to 3 Sides

Tomato Soup Chicken Wild Rice Soup

French Fries Steamed Rice

Mashed Potatoes (Beef or Chicken Gravy)

Mixed Vegetables Green Beans

Mixed Greens Salad

-Ranch -Fat Free Ranch -Balsamic dressing -French

Applesauce Diced Peaches

Circle up to 1 Dessert

Rice Krispie Treat 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 Margarine Butter **Peanut Butter** Jelly Sugar Free Jelly Salt Pepper Salt Free Seasoning Mustard Mayo **BBQ Sauce** Crackers Ketchup Hot Sauce Soy Sauce Nutella

Sandwich Toppings:

Lettuce Tomato Onion Pickle