

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

## Breakfast Tomorrow

### Circle up to 2 Entrees

Scrambled Eggs  
Ham, Egg, Cheese Biscuit Sandwich  
Two Breakfast Tacos (Taco Sauce)

### Circle up to 3 Sides

Oatmeal                      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                      Yogurt Parfait with Berries  
Apple Slices                      Strawberry Chobani Yogurt

### Beverages (limit 3 drinks per meal)

Orange Juice   Apple Juice   Cranberry 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  
Hot Sauce                      Nutella

## Lunch Tomorrow

### Circle up to 1 Entree

Chicken Salad on Wheat (toppings below)  
Cheeseburger (toppings below)  
Two Tacos (Hard Shell or Soft Shell)

**-Optional:** (Taco Sauce) (Sour Cream)

### Circle up to 3 Sides

Coleslaw                      Pasta Salad  
French Fries                      Potato Chips  
Mixed Vegetables  
Macaroni and Cheese  
  
Diced Peaches                      Applesauce

### Circle up to 1 Dessert

Chocolate Brownie                      Orange Italian Ice

### 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                      Crackers  
  
Hot Sauce                      Soy Sauce                      Nutella  
**Sandwich Toppings:**  
Lettuce                      Tomato                      Onion                      Pickle

## Dinner Tomorrow

### Circle up to 1 Entree

Cheese Pizza  
Grilled Ham & Cheese  
Pot Roast with Gravy

### Circle up to 3 Sides

Chicken Noodle Soup      Chicken Wild Rice Soup  
Dinner Roll                      Steamed Rice  
Mashed Potatoes (Beef or Chicken Gravy)  
Green Beans                      French Fries  
Mixed Greens Salad  
  
   -Ranch                      -Fat Free Ranch  
   -Balsamic dressing                      -French  
Apple Slices                      Diced Pears

### Circle up to 1 Dessert

Vanilla Pudding                      Chocolate Chip Cookie

### 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                      Crackers  
  
Hot Sauce                      Soy Sauce                      Nutella  
**Sandwich Toppings:**  
Lettuce                      Tomato                      Onion                      Pickle

**Saturday Meal Selections**

**(Week B Day 7)**