

GI Soft or Consistent Carb

Wednesday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

Egg & Cheese Croissant (2 Carbs)

Peaches (1 Carb)

Ala Carte

Oatmeal/Cream of Wheat (1 Carb)

Eggs- Scrambled,Hard Boiled

Cold Cereals upon request

Sugar-Salt
S & L - Salt

Beverages

C/Decaf 2% or 1% (1 Carb)

HT/IT OJ or Apple Juice (1 Carb)

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X1018 (Rev. 9/23)

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Lunch

Chef's Choice

Honey Mustard Chicken Breast

Tri Color Rotini (1 Carb)

Caramalized Carrots

Cheesecake Parfait (1 Carb)

Soup & Sandwich of the Day

Chicken Noodle Soup (1 Carb)

Chicken Salad Wrap (1.5 Carbs)

Sugar-Salt
S & L - Salt

Beverages

C/Decaf 2% or 1% (1 Carb)

HT/IT Fruit or Pineapple (1 Carb)

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Dinner

Chef's Choice

Pot Roast

Parmesan Potatoes (1 Carb)

Zucchini & Yellow Squash

Mini Strawberry Shortcake (2 Carbs)

Soup & Sandwich of the Day

Chicken Noodle Soup (1 Carb)

Chicken Salad Wrap (1.5 Carbs)

Sugar-Salt
S & L - Salt

Beverages

C/Decaf 2% or 1% (1 Carb)

HT/IT Grape or Apple (1 Carb)

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