

Gluten or Consistent Carb

Thursday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

Denver Omelet

Turkey Sausage Patty

Breakfast Potatoes (1 Carb)

Ala Carte

Grits (1 Carb)

Eggs- Scrambled,Hard Boiled

Bacon/Sausage

Cheerios/ Rice krispies

Fruit (1 Carb)

Yogurt

Sugar-Salt-Pepper

S & L - Salt* - Pepper

Beverages

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

HT/IT OJ or Apple Juice (1 Carb)

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Lunch

Chef's Choice

Grilled Chicken

Mashed potatoes (1 Carb)

Brussel Sprouts (1 Carb)

CP Lemon Cheesecake (2 Carb)

Soup & Salad of the Day

Gluten Free Soup (1 Carb)

Fresh Fruit & Cottage Cheese (2 Carbs)

Italian-Honey Mustard- Blue Cheese

Sugar-Salt-Pepper

S & L - Salt* - Pepper

Beverages

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

HT/IT Fruit or Pineapple (1 Carb)

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Dinner

Chef's Choice

Hamburger on GF Bread (1 Carb)

Baked Fries (1 Carb)

Petite Salad

Pudding (1Carb)

Soup & Salad of the Day

Gluten Free Soup (1 Carb)

Fresh Fruit & Cottage Cheese (2 Carbs)

Italian-Honey Mustard-Blue Cheese

Sugar-Salt-Pepper

S & L - Salt* - Pepper

Beverages

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

HT/IT Grape or Apple (1 Carb)

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