

Gluten or Consistent Carb

Wednesday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

Turkey Sausage, Egg &
Cheese on GF Bread **(2 Carbs)**
Fresh Fruit Cup **(1 Cup)**

Ala Carte

Grits **(1 Carb)**
Eggs- Scrambled,Hard Boiled
Bacon/Sausage
Cheerios/ Rice Krispies
Yogurt

Sugar-Salt-Pepper
S & L - Salt* - Pepper

Beverages

C/Decaf 2% or 1% **(1 Carb)**
HT/IT OJ or Apple Juice **(1 Carb)**

NAME: _____ Rm #: _____

X1028 (Rev.9/23)

Gluten or Consistent Carb

Wednesday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Lunch

Chef's Choice

Honey Mustard Chicken Breast
GF Rotini **(1 Carb)**
Caramalized Carrots
CP Cheesecake Parfait **(1 Carb)**

Soup & Sandwich of the Day

Gluten Free Soup **(1 Carb)**
Ham Sandwich on GF Bread **(2 Carbs)**
Lettuce-Tomato-Onion

Sugar-Salt-Pepper
S & L - Salt* - Pepper

Beverages

C/Decaf 2% or 1% **(1 Carb)**
HT/IT Fruit or Pineapple **(1 Carb)**

NAME: _____ Rm #: _____

Gluten or Consistent Carb

Wednesday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Dinner

Chef's Choice

Pot Roast
1/2c. Parmesan Potatoes **(1 Carb)**
Zucchini & Yellow Squash
Strawberry Ice Cream **(2 Carbs)**

Soup & Sandwich of the Day

Gluten Free Soup **(1 Carb)**
Ham Sandwich on GF Bread **(2 Carbs)**
Lettuce-Tomato-Onion

Sugar-Salt-Pepper
S & L - Salt* - Pepper

Beverages

C/Decaf 2% or 1% **(1 Carb)**
HT/IT Grape or Apple **(1 Carb)**

NAME: _____ Rm #: _____
