

Mech Soft or Consistent Carb

Monday

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Breakfast

GRD-CHP-BITE SIZE

Chef's Choice

3 Triangles French Toast (3 Carbs)

Margarine & Syrup

Scrambled Eggs

Ala Carte

Oatmeal/Cream of Wheat (1 Carb)

Eggs- Scrambled,Hard Boiled

Cold Cereals upon request

Canned Fruit (1 Carb)

Sugar-Salt-Pepper

S & L-Salt-Pepper

Nectar-Honey-Pudding

Beverages

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

HT/IT OJ or Apple (1 Carb)

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Lunch

GRD-CHP-BITE SIZE

Chef's Choice

Apricot BBQ Pork Loin (1 Carb)

Mashed Sweet Potatoes (1 Carb)

Broccoli

Cookies & Cream Mousse (1 Carb)

Soup & Sandwich of the Day

Broccoli Cheddar Soup (1 Carb)

Tuna Salad

Sandwich on White (2 Carbs)

Sugar-Salt-Pepper

S & L-Salt-Pepper

Nectar-Honey-Pudding

Beverages

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

HT/IT Fruit or Pineapple (1 Carb)

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Dinner

GRD-CHP-BITE SIZE

Chef's Choice

Meatloaf

Mashed Potatoes (1 Carb)

Green Beans

Mini Carrot Cake (2 Carbs)

Soup & Sandwich of the Day

Broccoli Cheddar Soup (1 Carb)

Tuna Salad

Sandwich on White (2 Carbs)

Sugar-Salt-Pepper

S & L-Salt-Pepper

Nectar-Honey-Pudding

Beverages

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

HT/IT Grape or Apple (1 Carb)

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