

Mech Soft or Consistent Carb

Tuesday

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Breakfast

GRD-CHP-BITE SIZE

Chef's Choice
Scrambled Egg &
Potato Vegetable Skillet (1 Carb)

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
2/3c. Spaghetti (2 Carbs)
Green Beans
Banana Pudding Parfait (1 Carb)

Soup & Salad of the Day

Potato Soup (1 Carb)
Chicken Salad Sandwich
On White Bread (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
Chicken Marsala
1/2c. Mashed Potatoes (1 Carb)
Steamed Veggies
Vanilla Pudding (1 Carb)

Soup & Salad of the Day

Potato Soup (1 Carb)
Chicken Salad Sandwich
On White Bread (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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