

## Regular or Consistent Carb

### Pediatric Monday

Choose \_\_\_\_ Carb Servings  
1 Carb Serving =15 gm Carbohydrate

### Breakfast

#### **Chef's Choice**

3 Triangles French Toast (**3 Carbs**)  
Margarine/Syrup  
Turkey Sausage

#### Ala Carte

Oatmeal/Cream of Wheat (**1 Carb**)  
Eggs- Scrambled,Hard Boiled  
Bacon/Sausage  
Cold Cereals upon request  
Fruit (**1 Carb**)

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**

Apricot BBQ Pork Loin (**1 Carb**)  
1/2c. Roasted Sweet Potatoes (**1 Carb**)  
Broccoli  
Cookies and Cream Mousse (**1 Carb**)

#### Soup & Sandwich of the Day

1c. Broccoli Cheddar Soup (**1 Carb**)  
Bistro Turkey Sandwich (**2 Carbs**)

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**

Meatloaf  
1/2c. Mashed Potatoes (**1 Carb**)  
1/2c. Green Beans  
Mini Carrot Cake (**2 Carbs**)

#### Soup & Sandwich

1c. Chicken Noodle Soup (**1 Carb**)  
Grilled Cheese (**2 Carbs**)  
Petit Garden Salad

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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