

## Regular or Consistent Carb

Pediatric Tuesday

Choose \_\_\_\_ Carb Servings

1 Carb Serving =15 gm Carbohydrate

### Breakfast

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

Scrambled Egg &  
Potato Vegetable Skillet (1 Carb)  
Blueberry Muffin (2 Carb)

#### 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**

2/3c. Spaghetti (2 Carbs)  
Petite Garden Salad  
French Breadstick (1 Carb)  
Banana Pudding Parfait (2 Carb)

#### Soup & Sandwich

Potato Soup (1 Carb)  
Chicken Salad Sanwich  
On White Bun (2Carbs)

Ranch-French Italian  
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**

Chicken Marsala  
1/2c. Red Skin Mashed Potatoes (1 Carb)  
Roasted Veggies  
Pineapple Upside Down Cake (2 Carbs)

#### Soup & Sandwich

ChickenNoodle Soup (1 Carb)  
Roast Beef on  
Sandwich thin (2Carbs)  
Vegie Plate

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

#### **Beverages**

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

NAME: \_\_\_\_\_ Rm #: \_\_\_\_\_