

## Regular or Consistent Carb

Pediatric Wednesday

Choose \_\_\_\_ Carb Servings

1 Carb Serving =15 gm Carbohydrate

### Breakfast

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

Turkey Sausage, Egg &  
Cheese Croissant **(2 Carbs)**  
Fresh Fruit Cup **(1 Cup)**

#### **Ala Carte**

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

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 #: \_\_\_\_\_

X1023 (Rev.9/23)

## Regular or Consistent Carb

Pediatric Wednesday

Choose \_\_\_\_ Carb Servings

1 Carb Serving =15 gm Carbohydrate

### Lunch

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

Honey Mustard Chicken Breast  
Tri Color Rotini **(1 Carb)**  
Caramelized Carrots **(1 Carb)**  
Cheesecake Parfait **(1 Carb)**

#### **Soup & Sandwich of the Day**

Broccoli Cheddar Soup **(1 Carb)**  
Chicken Wrap w/Ranch **(1.5 Carbs)**

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

#### **Beverages**

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

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

## Regular or Consistent Carb

Pediatric 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  
Mini Strawberry Shortcake **(2 Carbs)**

1/2 of a 7' Pizza **(2 Carb)**  
Petite Garden Salad

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

#### **Beverages**

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

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