

Regular or Consistent Carb

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)**

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X1019 (Rev.9/23)

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Lunch

Chef's Choice

Honey Mustard Chicken Breast
Tri Color Rotini **(1 Carb)**
Caramalized Carrots
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)**

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Dinner

Chef's Choice

Pot Roast
1/2c. Parmesan Potatoes **(1 Carb)**
Zucchini & Yellow Squash
Mini Strawberry Shortcake **(2 Carbs)**

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 Grape or Apple **(1 Carb)**

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