

## Gluten or Consistent Carb

Wednesday

Choose \_\_\_\_ Carb Servings

1 Carb Serving =15 gm Carbohydrate

### Breakfast

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

Turkey Sausage, Egg &  
Cheese on GF Bread (**2 Carbs**)  
Fresh Fruit Cup (**1 Cup**)

#### Ala Carte

Grits (**1 Carb**)

Eggs- Scrambled,Hard Boiled  
Bacon/Sausage  
Cheerios  
Yogurt

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

X1028 (Rev.05/24)

## Gluten or Consistent Carb

Wednesday

Choose \_\_\_\_ Carb Servings

1 Carb Serving =15 gm Carbohydrate

### Lunch

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

Honey Mustard Chicken Breast  
Red Skin Mashed Potatoes (**1 Carb**)  
Green Beans  
CP Cheesecake Parfait (**1 Carb**)

#### Soup & Sandwich of the Day

Gluten Free Soup (**1 Carb**)  
Ham Sandwich on GF Bread (**2 Carbs**)  
Lettuce-Tomato-Onion

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

#### **Beverages**

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

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

## Gluten or Consistent Carb

Wednesday

Choose \_\_\_\_ Carb Servings

1 Carb Serving =15 gm Carbohydrate

### Dinner

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

Pot Roast  
1/2c.Roasted Fingerling  
Potatoes (**1 Carb**)  
Zucchini & Yellow Squash  
Stawberry Ice Cream (**1 Carbs**)

#### Soup & Sandwich of the Day

Gluten Free Soup (**1 Carb**)  
Ham Sandwich on GF Bread (**2 Carbs**)  
Lettuce-Tomato-Onion

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

#### **Beverages**

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

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_