

Mech Soft or Consistent Carb

Wednesday

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Breakfast

GRD-CHP-BITE SIZE

Chef's Choice

Scrambled Eggs
Turkey Sausage
Cream of Wheat (1 Carb)
Peaches (1 Carb)

Ala Carte

Oatmeal (1 Carb)
Cold Cereals upon request

Sugar-Salt-Pepper
S & L-Salt-Pepper
Nectar-Honey-Pudding

Beverages

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

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Lunch

GRD-CHP-BITE SIZE

Chef's Choice

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

Soup & Sandwich of the Day

Broccoli Cheddar Soup (1 Carb)
Chicken Salad
(On Bread)

Sugar-Salt-Pepper
S & L-Salt-Pepper
Nectar-Honey-Pudding

Beverages

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

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Choose ____ Carb Servings
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Dinner

GRD-CHP-BITE SIZE

Chef's Choice

Pot Roast
Mashed Potatoes (1 Carb)
Zucchini & Yellow Squash
Mini Strawberry Shortcake (2 Carbs)

Soup & Sandwich of the Day

Broccoli Cheddar Soup (1 Carb)
Chicken Salad
(On Bread)

Sugar-Salt-Pepper
S & L-Salt-Pepper
Nectar-Honey-Pudding

Beverages

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

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