

Regular or Consistent Carb

Pediatric Sunday

Choose ____ Carb Servings

1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

Cheese Omelet

Breakfast Potatoes (1 Carb)

Bacon

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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1 Carb Serving =15 gm Carbohydrate

Lunch

Chef's Choice

Beef Stroganoff (2 Carbs)

Green Beans

Coconut Cream Parfait (2 Carb)

2 Chicken Tenders (1 Carb)

1/2c. Mashed Potatoes (1 Carbs)

Green Beans

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

Oven Fried Chicken

Mac & Cheese (2 Carbs)

Broccoli

Peanut Butter Mousse (1 Carb)

Hamburger on Bun (2 Carb)

10 French Fries (1 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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