

Regular or Consistent Carb

Pediatric Monday

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

3 Triangles French Toast (**3 Carbs**)
Margarine/Syrup
Turkey Sausage

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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Lunch

Chef's Choice

Apricot BBQ Pork Loin (**1 Carb**)
1/2c. Roasted Red Potatoes (**1 Carb**)
Broccoli
Cookies and Cream Mousse (**1 Carb**)

Soup & Sandwich of the Day

1c. Broccoli Cheddar Soup (**1 Carb**)
Bistro Turkey Sandwich (**2 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

Meatloaf
1/2c. Mashed Potatoes (**1 Carb**)
1/2c. Green Beans
Mini Carrot Cake (**2 Carbs**)

Soup & Sandwich

1c. Chicken Noodle Soup (**1 Carb**)
Grilled Cheese (**2 Carbs**)
Petit Garden Salad

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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