

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**)

NAME: _____ Rm #: _____

X1019 (Rev.05/24)

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Lunch

Chef's Choice

Honey Mustard Chicken Breast
Red Skin Mashed Potatoes (**1 Carb**)
Green Beans (**1 Carb**)
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. Roasted Fingerling
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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