



(All items in **Bold Print** require a choice.)

## Breakfast

### Entrées – (Your choice of 1 selection below)

- Pancakes:**  Buttermilk<sup>(33g)</sup>  Blueberry<sup>(34g)</sup>
- Cinnamon French Toast:**  Wheat<sup>(21g)</sup>  
 White<sup>(23g)</sup>
- Build your own omelet**<sup>(3g)</sup>
  - Cheddar  Swiss Cheese  Pepper Jack<sup>(1g)</sup>
  - Spinach<sup>(1g)</sup>  Onions<sup>(2g)</sup>  Tomatoes<sup>(1g)</sup>
  - Mushrooms<sup>(1g)</sup>  Green Peppers<sup>(1g)</sup>

### Sides

#### (Your choice of 3 selections below)

- Scrambled eggs:**  Regular<sup>(1g)</sup>  Egg Whites  
 Low Cholesterol<sup>(2g)</sup>
- Hard Boiled Egg<sup>(1g)</sup>
- Turkey Bacon – slice (**Limit 1**) or
- Turkey Sausage link<sup>(2g)</sup> (**Limit 1**)
- Seasoned Breakfast Potatoes<sup>(19g)</sup>
- Hot Cereals and Cold Cereals:**
  - Cream of Wheat®<sup>(22g)</sup>  Oatmeal<sup>(20g)</sup>  Grits<sup>(14g)</sup>
  - Cheerios®<sup>(14g)</sup>  Corn Flakes®<sup>(18g)</sup>
  - Special K®<sup>(13g)</sup>  Raisin Bran®<sup>(27g)</sup>
  - Rice Krispies®<sup>(16g)</sup>
- Toast (1pc):**  White<sup>(16g)</sup>  Wheat<sup>(14g)</sup>  Multigrain<sup>(14g)</sup>  
 Gluten Free<sup>(13g)</sup>
- Bagel (1/2):**  Plain<sup>(26g)</sup>  Wheat<sup>(23g)</sup>  Cinnamon raisin<sup>(27g)</sup>
- Muffin:**  Blueberry<sup>(28g)</sup>  Orange Cranberry<sup>(32g)</sup>  
 English Muffin<sup>(25g)</sup>
- Fresh Fruits :**  Banana<sup>(27g)</sup>  Orange<sup>(15g)</sup>  
 Grapes<sup>(14g)</sup>  Pineapples<sup>(20g)</sup>  Apple<sup>(18g)</sup>
- Seasonal Fresh Fruit:**  Fresh Fruit Cup<sup>(9g)</sup>  
 Strawberries<sup>(9g)</sup>  Cantaloupe<sup>(7)</sup>
- Soft Fruits :**  Peaches<sup>(12g)</sup>  Pears<sup>(17g)</sup>  
Applesauce<sup>(14g)</sup>
- Yogurt:**  Vanilla<sup>(23g)</sup>  Strawberry<sup>(17g)</sup>  
 Granola Fruit Parfait<sup>(24g)</sup>

Items with a ♦ are not available at our Stafford location.

## Beverages

- Water
- Juice:**  Orange<sup>(21g)</sup>  Apple<sup>(21g)</sup>  Cranberry<sup>(21g)</sup>  
 Prune<sup>(22g)</sup>
- Milk:**  1%<sup>(13g)</sup>  Chocolate<sup>(20g)</sup>  
 Soy Vanilla<sup>(18g)</sup>  Soy Chocolate<sup>(25g)</sup>
- Coffee:**  Regular  Decaf
- Tea:**  Hot Regular or Decaf  Hot Herbal  Hot Green  Hot Decaf Chai  Decaf Iced (*unsweet*)
- Chocolate:**  Sugar Free Hot Chocolate<sup>(10g)</sup>
- Sodas:**  Diet Gingerale  Diet Lemon-Lime  
 Diet Cola  Diet Caffeine Free Cola
- High Protein Nutritional Shake:**  Vanilla<sup>(30g)</sup>  
 Chocolate<sup>(30g)</sup>
- Crystal Light:**  Lemon  ♦Raspberry Ice

## Condiments

- Salt  Pepper  Herb Seasoning
- Cinnamon  Raisins<sup>(7g)</sup>
- Lemon
- Creamer<sup>(1g)</sup>
- Sweetener:**
  - Equal® Sucralose  Sweet & Low®<sup>(1g)</sup>
- Ketchup<sup>(2g)</sup>  Hot Sauce
- Mayonnaise (low-fat)<sup>(1g)</sup>  Mustard
- Honey Mustard Sauce<sup>(9g)</sup>  Barbecue Sauce<sup>(6g)</sup>
- Butter (limit 2)**
- Sour Cream (low fat)<sup>(1g)</sup>  Salsa<sup>(2g)</sup>
- Cream Cheese (low fat)<sup>(2g)</sup>
- Peanut Butter<sup>(3g)</sup>
- Diet Jelly<sup>(3g)</sup>
- Crackers:**  Wheat<sup>(5g)</sup>  Unsalted<sup>(5g)</sup>  Graham<sup>(16g)</sup>

### Consistent Carbohydrate Meal Plan

Carbohydrate containing foods have the greatest effect on your blood sugar. You will be served the same amount of carbohydrates at each meal. Foods that contain carbohydrates include breads, cereals, potatoes, pasta, rice, beans, milk and milk products, fruit and fruit juices, sodas and sweets/desserts. The small numbers in parenthesis (#) on this menu will assist you in counting and adding grams of carbohydrates for your meal.

\*Some items may not be allowed if other restrictions are in place.  
\*Nutritional Supplements such as Ensure Plus, Ensure Clear, Glucerna and Nepro are available upon a physician's order.



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## Lunch and Dinner

### Entrées – (Your choice of 1 selection below)

#### Grill / Entrée Salads

- Hot sandwich:**  Grilled Cheese<sup>(32g)</sup>  Grilled Ham and Cheese<sup>(32g)</sup>
  - Hamburger<sup>(25g)</sup>  Grilled Chicken Breast<sup>(25g)</sup>
  - Turkey Burger<sup>(2g)</sup>  Black Bean Burger<sup>(18g)</sup>
- Cheese:**  Swiss  Cheddar  Pepper Jack<sup>(1g)</sup>
- Toppings:**  Lettuce  Tomato  Red onion<sup>(1g)</sup>
  
- Chicken Tenders<sup>(24g)</sup>
- Pizza  Cheese<sup>(59g)</sup>  Pepperoni<sup>(59g)</sup>
  
- Entrée Salad:**  Chef Salad<sup>(7g)</sup>  Greek Salad<sup>(7g)</sup>
  - Chicken Caesar Salad<sup>(13g)</sup>

#### Chef Selections

- Baked Fish
- Spiced Salmon<sup>(4g)</sup>
- Meatloaf with Brown Gravy<sup>(14g)</sup>
- Savory Turkey Chili<sup>(13g)</sup>
- Hummus and Roasted Vegetable Wrap<sup>(61g)</sup>
- Seasoned Grilled Chicken
- Roast Turkey Breast with Gravy<sup>(6g)</sup>
- Asian Stir-Fry Vegetables<sup>(41g)</sup>:  Chicken  Tofu

#### Build your own Sandwich

- Bread (2pcs):**  White<sup>(32g)</sup>  Wheat<sup>(28g)</sup>  Multigrain<sup>(28g)</sup>  Gluten Free<sup>(26g)</sup>
- Peanut Butter & Jelly<sup>(6g)</sup>
- Meat:**  Turkey<sup>(1g)</sup>  **◆**Roast Beef  Ham
- Salad:**  Tuna<sup>(3g)</sup>  Chicken<sup>(2g)</sup>  Egg<sup>(4g)</sup>
- Cheese:**  Swiss  Cheddar  Pepper Jack<sup>(1g)</sup>
- Toppings:**  Lettuce  Tomato  Red onion<sup>(1g)</sup>

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## Sides

### (Your choice of 3 selections below)

- Side Salad:**  Garden<sup>(3g)</sup>  Caesar<sup>(5g)</sup>
- Dressing:**  Ranch<sup>(3g)</sup>  French<sup>(9g)</sup>  Italian<sup>(3g)</sup>
  - Balsamic<sup>(5g)</sup>  Raspberry Vinaigrette<sup>(5g)</sup>

## Hot Sides

- Vegetable:**  **◆**Mexican Corn<sup>(19g)</sup>  Broccoli<sup>(6g)</sup>
  - ◆**Braised Cabbage<sup>(9g)</sup>  Fresh Green Beans<sup>(5g)</sup>
  - Orange Glazed Carrots<sup>(10g)</sup>  Spinach<sup>(1g)</sup>
- Starches:**  Seasoned Red Potatoes<sup>(23g)</sup>
  - Homemade Mashed Potatoes w Skin<sup>(18g)</sup>
  - French Fries<sup>(23g)</sup>  White Rice<sup>(23g)</sup>
  - ◆**Brown Rice<sup>(24g)</sup>  Macaroni & Cheese<sup>(18g)</sup>
  - Baked Potato Chips<sup>(26g)</sup>
  - Corn Bread<sup>(30g)</sup>  Dinner Roll<sup>(16g)</sup>
- Pasta:**  Plain<sup>(22g)</sup>  Wheat<sup>(22g)</sup>
- Sauces:**  Meat<sup>(9g)</sup>  Marinara<sup>(4g)</sup>  Alfredo<sup>(4g)</sup>
- Other Sides:**  Cottage Cheese<sup>(6g)</sup>
  - Fresh Carrots and Celery Sticks<sup>(3g)</sup>
  - Hummus and Pita Chips<sup>(27g)</sup>
  - Cheese Cube & Fruit Plate<sup>(13g)</sup>
  - Cottage Cheese and Soft Fruit Plate<sup>(21g)</sup>

## Soups and Broths

- Soup:**  Chicken Noodle<sup>(16g)</sup>  Tomato<sup>(30g)</sup>
  - Garden Vegetable<sup>(9g)</sup>
- Broth:**  Chicken<sup>(2g)</sup>  Vegetable<sup>(2g)</sup>  Beef

## Desserts (Your choice of 1 selection below)

- Apple Crisp<sup>(21g)</sup>
- Angel Food Cake<sup>(28g)</sup>
- Chocolate Cupcake<sup>(30g)</sup>
- Sugar Free Popsicle<sup>(11g)</sup>
- Italian Ice**<sup>(37g)</sup>:  Lemon  Orange
- Orange Sherbet<sup>(23g)</sup>
- Cookie:**  Chocolate Chip<sup>(17g)</sup>  Sugar<sup>(17g)</sup>
- Sugar Free Pudding:**  Vanilla<sup>(17g)</sup>
  - Chocolate<sup>(16g)</sup>
- Sugar Free Berry Gelatin<sup>(1g)</sup>